



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1	2	1:07:41	Piers Arnold	City of Norwich AC	Male	1	MO	1	1:07:41	1
2	2392	1:12:53	Dominic Blake	Reepham Runners	Male	2	M40	1	1:12:53	2
3	2489	1:14:30	Matt Spencer	Bungay Black Dog RC	Male	3	MO	2	1:14:29	3
4	137	1:15:35	Jonathan Stockwell		Male	4	MO	3	1:15:33	4
5	178	1:15:38	Peter Harvey	Wymondham AC	Male	5	MO	4	1:15:37	5
6	165	1:15:40	Callum Simpson		Male	6	MO	5	1:15:39	6
7	147	1:15:41	Daniel Simmons		Male	7	MO	6	1:15:39	7
8	12	1:17:08	James Johnson	Norwich Road Runners	Male	8	M40	2	1:17:07	8
9	72	1:18:02	Mitchell Dann	Cambridge Harriers	Male	9	M40	3	1:18:01	9
10	115	1:18:20	John Hudson	Norwich Road Runners	Male	10	MO	7	1:18:17	10
11	2395	1:18:54	Matt Hunt	Woodbridge Shufflers RRC	Male	11	M40	4	1:18:53	12
12	2488	1:18:56	Carl Baker		Male	12	M45	1	1:18:52	11
13	2386	1:19:11	Stephen Gibbs	City of Norwich AC	Male	13	MO	8	1:19:10	13
14	142	1:19:43	Neil Adams	North Norfolk Beach Runners	Male	14	M40	5	1:19:42	14
15	135	1:19:46	Craig Davidson	Wakefield District Harriers & AC	Male	15	MO	9	1:19:42	15
16	6	1:19:52	Chris Mickleburgh	Bure Valley Harriers	Male	16	MO	10	1:19:52	16
17	148	1:19:56	George Rice		Male	17	MO	11	1:19:54	17
18	55	1:20:08	Nicholas Wittred		Male	18	MO	12	1:20:07	18
19	1	1:20:11	Mabel Beckett	City of Norwich AC	Female	1	FO	1	1:20:09	19
20	166	1:20:22	Trevor Gannon	Norwich Road Runners	Male	19	M40	6	1:20:20	20
21	164	1:20:37	Rickard Nyman		Male	20	MO	13	1:20:33	21
22	63	1:20:50	David Roy	Wymondham AC	Male	21	MO	14	1:20:48	22
23	2383	1:20:56	Carlos Rybeck		Male	22	MO	15	1:20:55	23
24	78	1:21:05	Nico Drinkwater		Male	23	M40	7	1:21:03	24
25	112	1:21:11	John Moore	Norfolk Gazelles RC	Male	24	M55	1	1:21:08	25
26	84	1:21:22	Marc Coles	Norwich Road Runners	Male	25	M40	8	1:21:20	26
27	2508	1:21:30	Samantha Lines	Waveney Valley AC	Female	2	FO	2	1:21:28	27
28	120	1:22:08	Benn Walker		Male	26	MO	16	1:22:06	28
29	171	1:22:10	Darren Honour		Male	27	M45	2	1:22:09	29
30	146	1:22:15	David Cross	Durham City Harriers & AC	Male	28	MO	17	1:22:14	30
31	2474	1:22:37	Alex Griffiths	Norwich Road Runners	Male	29	MO	18	1:22:36	31
32	2536	1:22:42	Kyle Brooks	Wymondham AC	Male	30	MO	19	1:22:38	32
33	136	1:22:44	Chris Bullock	Norwich Road Runners	Male	31	M45	3	1:22:42	33
34	32	1:22:50	Adam Bamford	City of Norwich AC	Male	32	MO	20	1:22:48	34
35	23	1:22:52	Kate Drew	Taunton AC	Female	3	FO	3	1:22:48	35
36	2487	1:22:59	Matthew Sutton	Lowestoft Road Runners	Male	33	MO	21	1:22:56	36
37	365	1:23:00	Jo Andrews	Bungay Black Dog RC	Female	4	F45	1	1:22:57	37
38	36	1:23:06	Richard Jones	City of Norwich AC	Male	34	MO	22	1:23:04	38
39	116	1:23:14	Alex Mason	Delamere Spartans	Male	35	M40	9	1:23:10	39
40	145	1:23:52	Tom Bamford		Male	36	MO	23	1:23:50	40
41	131	1:24:07	John Fagan	North Norfolk Beach Runners	Male	37	M45	4	1:24:03	42
42	106	1:24:07	Ben Newbrook		Male	38	MO	24	1:24:03	41
43	152	1:24:09	Torben Jessen	Folkestone Running Club	Male	39	M55	2	1:24:06	44
44	91	1:24:10	David Houghton	Norwich Road Runners	Male	40	M45	5	1:24:08	46
45	99	1:24:10	Jason Isaac Brandy		Male	41	MO	25	1:24:05	43
46	2371	1:24:11	Oliver Jones	Norfolk Gazelles RC	Male	42	MO	26	1:24:08	45
47	2504	1:24:28	Oliver Watson	Ipswich JAFFA RC	Male	43	MO	27	1:24:24	48
48	80	1:24:33	Haydn Lyon		Male	44	MO	28	1:24:24	47
49	28	1:24:37	Kathryn Mathias	City of Norwich AC	Female	5	F40	1	1:24:35	49
50	2444	1:24:53	Andrew Nickinson		Male	45	MO	29	1:24:38	50
51	117	1:24:56	Robert Wapshott	Hallamshire Harriers Sheffield AC	Male	46	M40	10	1:24:52	51
52	92	1:24:59	Simon Bales		Male	47	M40	11	1:24:54	52
53	64	1:25:08	Aidan Coughlan	Vegan Runners	Male	48	MO	30	1:25:04	53
54	155	1:26:03	Marc Evans	Great Yarmouth Road Runners	Male	49	M40	12	1:26:01	54
55	161	1:26:27	John Raspin		Male	50	MO	31	1:26:22	56
56	127	1:26:29	Mark Clues	Tri-Anglia TC	Male	51	M50	1	1:26:20	55
57	2513	1:26:36	Leanne Finch	City of Norwich AC	Female	6	FO	4	1:26:34	57
58	31	1:26:43	Albert Hicks	City of Norwich AC	Male	52	MO	32	1:26:39	58
59	123	1:26:49	Chris Yeates	City of Norwich AC	Male	53	MO	33	1:26:44	59
60	49	1:27:01	Chris Millsted		Male	54	MO	34	1:26:57	60
61	459	1:27:04	Alastair Leckie	Norwich Road Runners	Male	55	MO	35	1:27:01	62
62	562	1:27:06	Liam Ward		Male	56	M40	13	1:27:01	63
63	2393	1:27:10	Stephen Bonnet		Male	57	M40	14	1:27:01	61
64	56	1:27:24	Alan Reynolds		Male	58	M45	6	1:27:16	64
65	2379	1:27:28	Mark Garrett	Norwich Road Runners	Male	59	M55	3	1:27:26	65
66	132	1:27:36	Neil Walpole	Norwich Road Runners	Male	60	M45	7	1:27:33	67
67	2407	1:27:39	Bobby Abraham		Male	61	M50	2	1:27:31	66
68	571	1:27:50	Richard Turner		Male	62	MO	36	1:27:43	68
69	175	1:27:56	Ian Bailey		Male	63	M45	8	1:27:52	69
70	375	1:27:57	David Smith		Male	64	M50	3	1:27:55	71
71	76	1:27:59	Martin Flanagan		Male	65	M45	9	1:27:55	72
72	311	1:28:01	Stephen Ramm		Male	66	M40	15	1:27:55	73
73	2476	1:28:04	Chris Cox		Male	67	MO	37	1:27:52	70
74	1019	1:28:08	Paul Ashton		Male	68	M40	16	1:27:59	74
75	503	1:28:11	Daryl London	North Norfolk Beach Runners	Male	69	MO	38	1:28:06	76



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
76	150	1:28:16	Andrew Buckley	Thetford AC	Male	70	MO	39	1:28:05	75
77	62	1:28:17	Steven Garland		Male	71	MO	40	1:28:09	77
78	2546	1:28:22	Theo Perry		Male	72	MO	41	1:28:15	78
79	21	1:28:24	Cat Cummings	Wymondham AC	Female	7	F40	2	1:28:22	80
80	138	1:28:27	Michael Waterson		Male	73	M45	10	1:28:21	79
81	174	1:28:28	Richard Suswain		Male	74	M45	11	1:28:23	81
82	88	1:28:31	James Lillistone		Male	75	MO	42	1:28:25	82
83	197	1:28:34	Ryan Higgins		Male	76	MO	43	1:28:27	83
84	439	1:28:38	Arron Coe	Bure Valley Harriers	Male	77	MO	44	1:28:35	84
85	141	1:28:39	Wilfred Campbe	Ipswich JAFFA RC	Male	78	M50	4	1:28:36	85
86	85	1:28:46	Matthew Laband		Male	79	MO	45	1:28:38	86
87	170	1:29:00	Andrew Hunt		Male	80	MO	46	1:28:55	87
88	74	1:29:19	Richard Hanson		Male	81	M50	5	1:29:08	88
89	328	1:29:22	Adam Veale		Male	82	MO	47	1:29:16	90
90	210	1:29:27	Sophie Rock		Female	8	FO	5	1:29:22	91
91	409	1:29:39	Dougal Clark	Norwich Road Runners	Male	83	MO	48	1:29:16	89
92	172	1:29:48	Stuart Coe	Waveney Valley AC	Male	84	M40	17	1:29:42	93
93	110	1:29:50	Edward Sidgwick		Male	85	MO	49	1:29:47	95
94	554	1:29:51	Liam Postance - Eamer		Male	86	MO	50	1:29:42	94
95	157	1:29:51	Harrison Meek		Male	87	MO	51	1:29:37	92
96	102	1:29:52	Matthew Humphreys	Norwich Road Runners	Male	88	MO	52	1:29:48	97
97	401	1:29:54	Lee Collins		Male	89	M40	18	1:29:47	96
98	111	1:29:56	Stephen Nicholls		Male	90	M40	19	1:29:50	98
99	130	1:29:56	Chris Newcombe		Male	91	M40	20	1:29:52	100
100	124	1:30:08	Tim Angell	City of Norwich AC	Male	92	M55	4	1:30:02	101
101	2498	1:30:13	Alexandra Smith	Wymondham AC	Female	9	F40	3	1:30:09	102
102	302	1:30:21	Howard Olby	Norfolk Harriers	Male	93	MO	53	1:29:50	99
103	1920	1:30:23	Rob Naunton		Male	94	M45	12	1:30:14	103
104	70	1:30:37	Daniel Maskell		Male	95	MO	54	1:30:31	104
105	144	1:30:41	Patrik Ewe	Herne Hill Harriers	Male	96	MO	55	1:30:31	105
106	97	1:30:43	Jason Brunt	Norfolk Gazelles RC	Male	97	M45	13	1:30:38	107
107	160	1:30:44	Yusuke Miyoshi		Male	98	MO	56	1:30:35	106
108	358	1:30:46	Tim Ford		Male	99	M40	21	1:30:42	109
109	435	1:30:53	Harry Pannell		Male	100	MO	57	1:30:41	108
110	75	1:31:01	Nigel Swepson		Male	101	M40	22	1:30:54	111
111	278	1:31:06	Steve Carberry	Lakeside Lincoln RC	Male	102	MO	58	1:30:51	110
112	168	1:31:16	Pierre Cauchy		Male	103	MO	59	1:31:06	113
113	249	1:31:23	Christian Horsfield		Male	104	M45	14	1:31:11	115
114	482	1:31:24	Michael Quantrill	Waveney Valley AC	Male	105	M50	6	1:31:10	114
115	644	1:31:27	Nick Hood		Male	106	M40	23	1:31:03	112
116	162	1:31:28	Christopher G Johnson		Male	107	MO	60	1:31:25	116
117	143	1:31:38	David Gibbs-Kneller		Male	108	MO	61	1:31:32	118
118	515	1:31:40	Stuart Fryer		Male	109	M40	24	1:31:29	117
119	2484	1:31:54	Alice Rees	City of Norwich AC	Female	10	FO	6	1:31:39	119
120	129	1:31:58	Nicholas Summers		Male	110	M40	25	1:31:55	121
121	494	1:32:08	Jonathan Brasnett		Male	111	MO	62	1:31:47	120
122	140	1:32:10	Alex Curtis	North Norfolk Beach Runners	Male	112	MO	63	1:32:04	123
123	276	1:32:14	Andrew Cross	Willowfield Harriers	Male	113	M40	26	1:32:04	124
124	139	1:32:18	Russ Black		Male	114	MO	64	1:32:11	128
125	465	1:32:19	Terry Medler		Male	115	M40	27	1:32:02	122
126	473	1:32:29	Joao Duarte	Tri-Anglia TC	Male	116	MO	65	1:32:05	125
127	186	1:32:31	Dan Perrin	Harborough AC	Male	117	M45	15	1:32:25	129
128	2480	1:32:32	Sam Oakes		Male	118	MO	66	1:32:10	127
129	2502	1:32:32	Joe Frary		Male	119	MO	67	1:32:08	126
130	101	1:32:51	Gareth Jenkins	British Military Fitness	Male	120	MO	68	1:32:40	130
131	552	1:32:59	Roger Steggles		Male	121	M50	7	1:32:50	133
132	151	1:33:03	Kevin Rowe	Norwich Road Runners	Male	122	MO	69	1:32:45	131
133	480	1:33:05	Lee Forder	Norwich Road Runners	Male	123	MO	70	1:32:52	134
134	57	1:33:09	Artur Kuzminski		Male	124	M45	16	1:33:06	139
135	156	1:33:11	Robert Grainger	Stowmarket Striders RC	Male	125	MO	71	1:33:04	138
136	300	1:33:12	David Foreman	Norwich Road Runners	Male	126	M40	28	1:33:01	137
137	2478	1:33:13	Paul Gardner		Male	127	M45	17	1:32:58	136
138	508	1:33:15	Charlie Watson		Male	128	MO	72	1:33:08	141
139	354	1:33:21	William Terry	Stowmarket Striders RC	Male	129	MO	73	1:32:57	135
140	861	1:33:30	Darren Love		Male	130	M40	29	1:33:18	142
141	568	1:33:34	Toyah Ward		Female	11	FO	7	1:33:07	140
142	2390	1:33:37	John Fensom		Male	131	M40	30	1:33:25	143
143	445	1:33:42	Benjamin Musgrave		Male	132	MO	74	1:33:34	145
144	419	1:33:47	Niall Wapshott		Male	133	MO	75	1:33:29	144
145	454	1:33:55	Oliver Karger		Male	134	MO	76	1:33:44	149
146	283	1:33:55	Adam Wright		Male	135	MO	77	1:33:36	147
147	2398	1:33:57	Lance Escobar	Diss & District AC	Male	136	MO	78	1:32:48	132
148	466	1:33:59	Ben Page		Male	137	MO	79	1:33:35	146
149	573	1:34:11	James Billinge		Male	138	MO	80	1:33:44	148
150	359	1:34:14	Paul Smith	Norwich Road Runners	Male	139	M50	8	1:33:55	152



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
151	246	1:34:15	Ben Snelling	Norwich Road Runners	Male	140	M45	18	1:33:51	150
152	125	1:34:20	Adam Pearce		Male	141	MO	81	1:34:15	159
153	556	1:34:21	Ollie Harris		Male	142	MO	82	1:33:58	154
154	528	1:34:21	Ross Hollinworth	Wymondham AC	Male	143	M40	31	1:33:52	151
155	403	1:34:25	Chris Rolfe		Male	144	MO	83	1:33:56	153
156	37	1:34:31	Harriet Carr	City of Norwich AC	Female	12	FO	8	1:34:09	158
157	282	1:34:32	Tim Suswain	Reepham Runners	Male	145	MO	84	1:34:06	157
158	301	1:34:41	Craig Upson		Male	146	MO	85	1:33:58	155
159	393	1:34:43	Sam Barratt		Male	147	MO	86	1:34:28	161
160	154	1:34:47	Axel Gaborit		Male	148	MO	87	1:34:22	160
161	24	1:34:54	Polly Adams	Royal Manor of Portland AC	Female	13	F50	1	1:34:48	163
162	461	1:35:01	Ian Milburn	Ryston Runners AC	Male	149	MO	88	1:34:33	162
163	65	1:35:04	Rory Abel		Male	150	MO	89	1:34:53	164
164	400	1:35:06	James Sidwell		Male	151	MO	90	1:34:57	165
165	66	1:35:15	Pete Ward		Male	152	MO	91	1:35:11	174
166	1028	1:35:17	William Smith		Male	153	MO	92	1:35:03	167
167	371	1:35:23	George Brentnall		Male	154	MO	93	1:35:00	166
168	549	1:35:24	Deborah English	Norwich Road Runners	Female	14	F40	4	1:35:05	168
169	336	1:35:28	Jonathan Leunis		Male	155	MO	94	1:35:05	169
170	2387	1:35:34	Seb Matthews		Male	156	MO	95	1:35:06	170
171	2516	1:35:35	Paul Rogers	Coltishall Jaguars RC	Male	157	M45	19	1:35:24	176
172	572	1:35:38	Chris Greenough	Thetford AC	Male	158	MO	96	1:35:10	172
173	109	1:35:39	Simon Cowley		Male	159	M40	32	1:35:11	173
174	83	1:35:41	Paul Freestone		Male	160	M40	33	1:35:10	171
175	516	1:35:45	Keith Walpole	Norwich Road Runners	Male	161	M45	20	1:35:21	175
176	352	1:35:47	Ryan Everitt		Male	162	MO	97	1:35:42	179
177	89	1:35:57	Alick Burnett	Norwich Road Runners	Male	163	MO	98	1:35:46	181
178	296	1:35:58	Dan Johnstone	Waveney Valley AC	Male	164	MO	99	1:35:26	177
179	2493	1:36:00	Paul Marriage		Male	165	M45	21	1:35:53	185
180	415	1:36:04	Wendy Clark	Shenley Striders	Female	15	FO	9	1:35:46	180
181	453	1:36:07	Richard Joice		Male	166	MO	100	1:35:58	189
182	126	1:36:09	Nathan Edwards	Norwich Road Runners	Male	167	MO	101	1:35:50	183
183	381	1:36:09	Jamie Murdoch		Male	168	M45	22	1:35:55	188
184	94	1:36:11	Sam Murphy		Male	169	MO	102	1:35:34	178
185	563	1:36:12	Chris Howard	Wymondham AC	Male	170	M40	34	1:36:00	190
186	718	1:36:12	Natasha Davis		Female	16	FO	10	1:35:48	182
187	2373	1:36:15	Tim Wigley	Bourne Town Harriers	Male	171	M55	5	1:35:53	186
188	266	1:36:20	Darryl Yates	Ipswich JAFFA RC	Male	172	MO	103	1:36:01	192
189	2378	1:36:20	Doug Tomlinson		Male	173	MO	104	1:36:02	193
190	1687	1:36:22	Malcolm Johnston		Male	174	MO	105	1:35:54	187
191	1216	1:36:23	Daniel Minister		Male	175	MO	106	1:35:51	184
192	866	1:36:24	Luke Channell		Male	176	MO	107	1:36:01	191
193	1771	1:36:26	Holly Edmonds		Female	17	FO	11	1:36:15	200
194	38	1:36:27	Remi Viot		Male	177	MO	108	1:36:02	194
195	108	1:36:28	Jan Willem Van Den Berg		Male	178	MO	109	1:36:10	197
196	189	1:36:28	William Whittam	Norwich Road Runners	Male	179	MO	110	1:36:05	195
197	200	1:36:29	Stephen Knock		Male	180	MO	111	1:36:07	196
198	2397	1:36:41	Milosz Stefankiewicz		Male	181	MO	112	1:36:13	198
199	2381	1:36:47	Remi Bullent		Male	182	MO	113	1:36:18	201
200	279	1:36:51	Ben Ling		Male	183	MO	114	1:36:15	199
201	959	1:36:53	Guy Flynn		Male	184	MO	115	1:34:03	156
202	98	1:36:59	Thomas Sambrook		Male	185	M50	9	1:36:56	209
203	355	1:37:04	Martin Doherty	Norfolk Gazelles RC	Male	186	M50	10	1:36:43	205
204	104	1:37:06	Ross Leamon		Male	187	MO	116	1:36:42	203
205	422	1:37:07	Kevin Sadd		Male	188	M45	23	1:36:43	204
206	397	1:37:14	Robert Hamlen		Male	189	MO	117	1:36:48	206
207	500	1:37:15	Marc Drury	Newmarket Joggers	Male	190	M45	24	1:36:52	207
208	2505	1:37:22	Steve Walker		Male	191	MO	118	1:36:21	202
209	457	1:37:27	Adrian Leddy		Male	192	M40	35	1:37:11	212
210	517	1:37:32	Dan North		Male	193	MO	119	1:37:06	211
211	582	1:37:34	Tom Greaves		Male	194	M40	36	1:37:19	214
212	555	1:37:36	Jordan Woolnough		Male	195	MO	120	1:37:20	215
213	82	1:37:45	Lee Wilson		Male	196	M40	37	1:37:29	216
214	386	1:37:45	James Pritchard		Male	197	M55	6	1:37:36	218
215	17	1:37:49	Theresa Dooley	Norfolk Gazelles RC	Female	18	F45	2	1:37:29	217
216	176	1:37:50	Peter Woods	Bure Valley Harriers	Male	198	M45	25	1:37:06	210
217	87	1:37:52	Jonathan Kemp		Male	199	MO	121	1:37:44	220
218	8	1:38:04	Asa Burnett	Kent AC	Male	200	MO	122	1:37:54	223
219	1074	1:38:06	Simon Smith	North Norfolk Beach Runners	Male	201	M45	26	1:37:38	219
220	1193	1:38:09	Peter Deeley		Male	202	MO	123	1:37:19	213
221	2365	1:38:11	Alexander Pennington		Male	203	MO	124	1:38:01	226
222	241	1:38:11	Tim Drew		Male	204	M50	11	1:37:55	224
223	367	1:38:17	Jason Black	Norfolk Gazelles RC	Male	205	M45	27	1:38:08	231
224	570	1:38:17	Jim Fitch		Male	206	M45	28	1:37:51	221
225	406	1:38:20	Joel Thomson	Waveney Valley AC	Male	207	MO	125	1:37:53	222



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
226	407	1:38:20	David Waters		Male	208	MO	126	1:38:10	233
227	758	1:38:30	Jacob Shilling		Male	209	MO	127	1:38:07	229
228	449	1:38:31	Ashley Speight		Male	210	MO	128	1:38:24	238
229	538	1:38:32	Joe Spencer		Male	211	MO	129	1:37:56	225
230	434	1:38:33	George Shiplee	Beccles and Bungay Harriers	Male	212	MO	130	1:38:08	230
231	495	1:38:33	Claire Brown	Wymondham AC	Female	19	F55	1	1:38:21	235
232	2418	1:38:35	Mark Alan Leggett		Male	213	MO	131	1:38:10	232
233	2461	1:38:37	Adam Pritchard		Male	214	MO	132	1:38:23	236
234	507	1:38:43	Anton Perkins		Male	215	M45	29	1:38:05	228
235	233	1:38:44	Michael Crampton		Male	216	M50	12	1:38:35	244
236	431	1:38:46	David Pragg		Male	217	MO	133	1:38:26	239
237	450	1:38:46	Tom Newmn		Male	218	MO	134	1:36:54	208
238	1105	1:38:47	Tim Cherrett	Framlingham Flyers	Male	219	M55	7	1:38:11	234
239	429	1:38:48	Paul Hunt		Male	220	M50	13	1:38:41	248
240	463	1:38:49	Kelly Wynn		Female	20	F40	5	1:38:32	243
241	544	1:38:51	Stacy Tovell		Male	221	M45	30	1:38:42	251
242	321	1:38:53	Kierstan Foreman	Norwich Road Runners	Male	222	MO	135	1:38:30	242
243	2077	1:38:55	Mark Watson		Male	223	M50	14	1:38:28	241
244	483	1:38:57	Wayne Freeman		Male	224	M60	1	1:38:43	252
245	267	1:38:57	Wayne Brandon		Male	225	MO	136	1:38:44	254
246	310	1:38:58	Chris Chorley	Bungay Black Dog RC	Male	226	M55	8	1:38:28	240
247	896	1:38:58	Stuart Bailey		Male	227	M45	31	1:38:41	249
248	743	1:38:59	Sean Taylor		Male	228	MO	137	1:38:23	237
249	510	1:39:06	Miriam Tyler		Female	21	FO	12	1:38:40	247
250	323	1:39:06	Anne Flanagan	Norwich Road Runners	Female	22	F40	6	1:38:42	250
251	412	1:39:06	Loic Deboibe		Male	229	MO	138	1:38:04	227
252	436	1:39:10	Jane Hannah	Tri-Anglia TC	Female	23	F40	7	1:38:57	256
253	385	1:39:10	Nicola Hill	Norwich Road Runners	Female	24	F40	8	1:39:00	257
254	379	1:39:11	Gillian Leathers	St. Edmunds Pacers	Female	25	F50	2	1:39:01	258
255	2456	1:39:15	Anna Kirkham		Female	26	FO	13	1:39:01	259
256	2455	1:39:15	Shaun Copland	Norwich Road Runners	Male	230	MO	139	1:39:02	261
257	54	1:39:17	Wayne Ramsbottom	Dereham Runners AC	Male	231	M50	15	1:38:39	246
258	73	1:39:19	David Grindrod		Male	232	MO	140	1:38:44	253
259	509	1:39:31	Stephen Ayres		Male	233	MO	141	1:38:55	255
260	263	1:39:31	Daniel Hubbard		Male	234	MO	142	1:38:39	245
261	158	1:39:37	Alastair Green	St Albans Striders	Male	235	M50	16	1:39:17	266
262	485	1:39:39	Neil Bunnage	Norwich Road Runners	Male	236	M50	17	1:39:08	263
263	474	1:39:41	Stuart Aldous		Male	237	MO	143	1:39:04	262
264	122	1:39:45	Peter Martin		Male	238	M60	2	1:39:32	274
265	545	1:39:46	Helen Mian	Norfolk Gazelles RC	Female	27	F50	3	1:39:23	271
266	2520	1:39:46	Daniel Boulter		Male	239	MO	144	1:39:14	264
267	715	1:39:48	Sam Harbrow		Male	240	MO	145	1:39:16	265
268	349	1:39:49	David Allen		Male	241	M55	9	1:39:21	269
269	566	1:39:53	Grant Olley		Male	242	MO	146	1:39:02	260
270	309	1:39:55	Chris Hosier	Dereham Runners AC	Male	243	M40	38	1:39:18	267
271	499	1:39:56	Roger Madle		Male	244	M50	18	1:39:42	278
272	1209	1:39:57	Callum James		Male	245	MO	147	1:39:21	270
273	970	1:39:58	Gary Cheesman		Male	246	MO	148	1:39:18	268
274	2462	1:40:00	Kyle Roper	Ipswich JAFFA RC	Male	247	M40	39	1:39:42	277
275	561	1:40:01	Tom Matthams		Male	248	M45	32	1:39:32	273
276	443	1:40:04	Kieron Hetherington		Male	249	MO	149	1:39:55	284
277	388	1:40:05	Ashley Baxter		Male	250	MO	150	1:39:36	275
278	420	1:40:05	Iain Hill		Male	251	MO	151	1:39:37	276
279	1228	1:40:10	Tom Durrell		Male	252	MO	152	1:39:32	272
280	534	1:40:11	Stuart Baker		Male	253	M40	40	1:39:43	279
281	546	1:40:12	Sarah Crockett		Female	28	FO	14	1:39:52	282
282	2440	1:40:15	Paul Collins		Male	254	MO	153	1:39:49	280
283	33	1:40:17	James Cordeaux	City of Norwich AC	Male	255	M50	19	1:39:59	285
284	177	1:40:19	Stephen Panting	Norwich Road Runners	Male	256	M50	20	1:40:07	290
285	1189	1:40:23	Martin Graveling		Male	257	M40	41	1:39:50	281
286	493	1:40:24	Ashley Yellop	Norwich Road Runners	Male	258	M45	33	1:40:08	291
287	479	1:40:25	Graham Worsfold		Male	259	MO	154	1:40:14	295
288	332	1:40:26	Rachel Matthews		Female	29	F40	9	1:40:11	294
289	940	1:40:28	Katherine Humphreys	Norwich Road Runners	Female	30	FO	15	1:39:54	283
290	229	1:40:31	Justin Dicks		Male	260	M50	21	1:40:05	287
291	421	1:40:34	Glen Robinson	Norwich Road Runners	Male	261	M45	34	1:40:10	293
292	232	1:40:37	James Hopgood		Male	262	MO	155	1:40:05	288
293	529	1:40:37	Andy Rowles	Dereham Runners AC	Male	263	M55	10	1:40:23	296
294	22	1:40:39	Lorena Latisaite	Ryston Runners AC	Female	31	FO	16	1:40:30	299
295	539	1:40:42	Paul Dowson	Norwich Road Runners	Male	264	M55	11	1:40:24	297
296	330	1:40:50	Stephen Alger		Male	265	MO	156	1:40:42	301
297	425	1:41:04	Steve Costello		Male	266	M45	35	1:40:10	292
298	744	1:41:04	Matthew Freezer	Dereham Runners AC	Male	267	MO	157	1:40:26	298
299	338	1:41:10	Bryn Mainwaring		Male	268	M45	36	1:40:55	305
300	384	1:41:11	David Powles		Male	269	MO	158	1:40:38	300





Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
301	964	1:41:16	Scott Hollings	Lonely Goats RC	Male	270	MO	159	1:41:00	306
302	464	1:41:18	David Rank		Male	271	MO	160	1:40:52	304
303	389	1:41:25	Trevor Kuhrt		Male	272	MO	161	1:40:06	289
304	90	1:41:28	Mathew Green		Male	273	MO	162	1:40:01	286
305	912	1:41:37	Simon Beckett		Male	274	M50	22	1:41:06	308
306	1256	1:41:38	Sophie Mullan		Female	32	FO	17	1:40:43	302
307	382	1:41:39	Karyn Bray	Bure Valley Harriers	Female	33	F45	3	1:41:20	311
308	1124	1:41:39	James Snow		Male	275	MO	163	1:41:22	312
309	391	1:41:48	Miles Piercy		Male	276	M40	42	1:41:18	310
310	1190	1:41:48	Alycia Thomson		Female	34	FO	18	1:41:14	309
311	2408	1:41:57	David Crow	Norwich Road Runners	Male	277	M40	43	1:40:50	303
312	489	1:42:00	Oliver Dennis		Male	278	MO	164	1:41:46	322
313	40	1:42:00	Paul Cossey		Male	279	MO	165	1:41:30	314
314	342	1:42:03	Paul Martin		Male	280	MO	166	1:41:33	316
315	221	1:42:08	Paul Richardson	Dereham Runners AC	Male	281	M60	3	1:41:31	315
316	293	1:42:09	Craig McCann		Male	282	MO	167	1:41:04	307
317	248	1:42:11	Rob Stevens		Male	283	M50	23	1:41:37	319
318	1113	1:42:11	Tom Garland		Male	284	MO	168	1:41:37	320
319	542	1:42:14	Geoff Perry		Male	285	M50	24	1:42:06	327
320	2409	1:42:17	Jonathan Phillips		Male	286	M50	25	1:41:58	324
321	2438	1:42:21	Tristan Cork		Male	287	MO	169	1:41:36	317
322	2448	1:42:25	Matthew Earl		Male	288	M40	44	1:41:51	323
323	548	1:42:27	Zoe Jones	Wymondham AC	Female	35	F40	10	1:41:43	321
324	1483	1:42:28	Stuart Smith		Male	289	M45	37	1:41:26	313
325	525	1:42:31	Ruth MacKenzie	Durham City Harriers & AC	Female	36	FO	19	1:42:09	330
326	398	1:42:32	Robert McPherson		Male	290	M55	12	1:42:22	339
327	392	1:42:36	William Barratt		Male	291	MO	170	1:42:07	328
328	559	1:42:39	Westley Byford		Male	292	M40	45	1:41:37	318
329	498	1:42:44	Mark Smith		Male	293	M45	38	1:42:21	338
330	581	1:42:44	Malcolm Fisher	Dereham Runners AC	Male	294	M40	46	1:42:07	329
331	511	1:42:46	Eric Morgan		Male	295	M60	4	1:42:25	341
332	133	1:42:47	Reuben Longley		Male	296	MO	171	1:42:25	342
333	884	1:42:47	Gemma Williams		Female	37	FO	20	1:42:26	343
334	1307	1:42:47	Derek Esson		Male	297	M50	26	1:42:00	325
335	1253	1:42:48	Helen Coutie	Horsforth Harriers	Female	38	F50	4	1:42:11	332
336	226	1:42:48	Sarah Long		Female	39	F40	11	1:42:13	333
337	892	1:42:49	Kenneth Wright	Ipswich JAFFA RC	Male	298	MO	172	1:42:18	335
338	325	1:42:51	Kevin Burgess	Tri-Anglia TC	Male	299	M45	39	1:42:42	350
339	560	1:42:52	Garry Whiting	Wymondham AC	Male	300	M50	27	1:42:41	349
340	1339	1:42:53	Brad Day		Male	301	MO	173	1:42:16	334
341	1215	1:42:55	Daisy Donaldson		Female	40	FO	21	1:42:24	340
342	1254	1:43:00	Finn Wostear		Male	302	MO	174	1:42:36	345
343	322	1:43:02	John Kerkham		Male	303	M50	28	1:42:30	344
344	331	1:43:13	Dave Young		Male	304	M45	40	1:42:38	348
345	383	1:43:14	Paul Cross		Male	305	M40	47	1:42:55	355
346	289	1:43:14	Martin McConnell		Male	306	MO	175	1:43:05	360
347	502	1:43:16	Fabien Bedecarrax		Male	307	MO	176	1:42:51	353
348	1062	1:43:17	John Lee	Tri-Anglia TC	Male	308	M60	5	1:42:58	356
349	512	1:43:20	Iain Crewe		Male	309	M50	29	1:43:01	358
350	486	1:43:20	Steven Tuttle		Male	310	M55	13	1:42:37	346
351	1135	1:43:20	Andy Clark		Male	311	M50	30	1:42:37	347
352	871	1:43:23	Kim Gross		Female	41	FO	22	1:43:00	357
353	1152	1:43:24	Shaun Newrick		Male	312	MO	177	1:42:05	326
354	1787	1:43:25	Andrew Witton		Male	313	M45	41	1:42:09	331
355	1091	1:43:29	Mike Allum		Male	314	MO	178	1:42:20	337
356	258	1:43:33	Grant King		Male	315	M40	48	1:42:53	354
357	290	1:43:34	Kyla Love		Female	42	FO	23	1:43:21	367
358	71	1:43:34	Thomas Wharton		Male	316	MO	179	1:43:21	368
359	250	1:43:35	Sarah Conrad		Female	43	FO	24	1:43:28	371
360	372	1:43:36	Craig Skipper	Lonely Goats RC	Male	317	M40	49	1:43:04	359
361	1604	1:43:42	Christopher Parsons		Male	318	MO	180	1:42:20	336
362	2374	1:43:48	Oliver Gillard-Eastop		Male	319	M50	31	1:43:06	361
363	299	1:43:48	Nick Ross	Norfolk Gazelles RC	Male	320	M45	42	1:43:07	362
364	205	1:43:54	Warren Newell		Male	321	M55	14	1:43:25	370
365	380	1:43:54	Dave King		Male	322	M55	15	1:43:19	366
366	504	1:43:58	Steve Parry		Male	323	M40	50	1:43:44	384
367	1198	1:43:58	Craig Barrett	Lonely Goats RC	Male	324	MO	181	1:43:35	376
368	339	1:43:59	Neil Ashley		Male	325	M40	51	1:43:46	385
369	916	1:44:00	Sara Vilar Lluch		Female	44	FO	25	1:42:44	351
370	433	1:44:02	James Goldsmith		Male	326	MO	182	1:43:24	369
371	1282	1:44:02	Farin Deeba		Male	327	MO	183	1:43:34	375
372	348	1:44:02	Ashleigh Blackman-Doyle		Female	45	FO	26	1:43:39	380
373	2109	1:44:05	Finlay Reid		Male	328	MO	184	1:42:45	352
374	962	1:44:08	Scott Ablett		Male	329	MO	185	1:43:36	377
375	1089	1:44:13	Dale Cooper		Male	330	M40	52	1:43:42	382



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
376	1071	1:44:14	Simon Ayre		Male	331	M40	53	1:43:56	390
377	1055	1:44:15	George Sanders		Male	332	MO	186	1:43:12	365
378	2482	1:44:15	Nicholas Muir		Male	333	M55	16	1:44:01	394
379	1875	1:44:16	Stephen Reed		Male	334	MO	187	1:43:39	379
380	247	1:44:20	Marek Kolczynski		Male	335	MO	188	1:43:55	389
381	268	1:44:20	Richard Stanley		Male	336	MO	189	1:43:56	391
382	1220	1:44:24	Ian Goldie		Male	337	MO	190	1:43:09	363
383	1266	1:44:27	Martin Rowe	Lonely Goats RC	Male	338	MO	191	1:43:53	388
384	496	1:44:27	Nathan Ackroyd		Male	339	MO	192	1:44:06	396
385	423	1:44:28	Dan Archer		Male	340	M50	32	1:44:14	400
386	2429	1:44:32	Peter Warland	Stowmarket Striders RC	Male	341	M50	33	1:43:31	373
387	1982	1:44:33	Lucy Abel		Female	46	FO	27	1:43:10	364
388	583	1:44:34	John Ellen		Male	342	MO	193	1:43:42	381
389	1142	1:44:37	Chris Welham		Male	343	M40	54	1:43:58	392
390	318	1:44:37	Ben Houchen		Male	344	MO	194	1:43:43	383
391	305	1:44:38	Joanne Cox	Bungay Black Dog RC	Female	47	F45	4	1:43:52	387
392	693	1:44:40	Jurgens Nortje		Male	345	M45	43	1:43:36	378
393	217	1:44:41	Kerry Wallace		Female	48	FO	28	1:43:51	386
394	1735	1:44:42	Steve Jeggo		Male	346	M50	34	1:43:31	374
395	451	1:44:44	Robert King		Male	347	MO	195	1:44:09	397
396	939	1:44:45	Alex Cork		Male	348	MO	196	1:43:30	372
397	810	1:44:45	Alastair Codling		Male	349	MO	197	1:44:02	395
398	411	1:44:46	Caroline Long		Female	49	FO	29	1:43:59	393
399	2400	1:44:49	Scott Gage		Male	350	MO	198	1:44:29	404
400	265	1:44:49	Jonathan Thetford	Reepham Runners	Male	351	M45	44	1:44:13	398
401	1117	1:44:54	Dick Cheung		Male	352	M40	55	1:44:40	408
402	1118	1:44:58	Jack Cheung		Male	353	M40	56	1:44:44	410
403	541	1:45:04	Paul Dungay		Male	354	MO	199	1:44:35	405
404	2428	1:45:04	Jimmy Russell	Felixstowe RRC	Male	355	M50	35	1:44:27	403
405	225	1:45:05	Jon Rowden	Norwich Road Runners	Male	356	M50	36	1:44:21	402
406	1049	1:45:07	Mark Harrison		Male	357	M55	17	1:44:57	417
407	344	1:45:12	Theresa Colby	Norwich Road Runners	Female	50	F45	5	1:44:56	415
408	337	1:45:12	Caroline Houghton	Norwich Road Runners	Female	51	F40	12	1:44:57	416
409	910	1:45:20	Martin Spilsted		Male	358	M45	45	1:45:07	418
410	286	1:45:30	Shaun Sparkes	Norwich Road Runners	Male	359	MO	200	1:45:13	420
411	1032	1:45:36	Ashley Burnett		Male	360	MO	201	1:44:35	406
412	475	1:45:37	Russell Slattery	Thetford AC	Male	361	MO	202	1:45:10	419
413	39	1:45:38	Marieke Vermue	City of Norwich AC	Female	52	FO	30	1:44:46	411
414	440	1:45:38	Rob Jackman		Male	362	M40	57	1:44:49	412
415	313	1:45:39	Ian Moncur		Male	363	M55	18	1:45:14	422
416	1219	1:45:43	Oliver Stallard		Male	364	MO	203	1:44:41	409
417	251	1:45:46	Julie Cooke		Female	53	F55	2	1:45:26	426
418	1097	1:45:47	Matthew Downing		Male	365	MO	204	1:44:37	407
419	1114	1:45:50	Thomas Gladwin		Male	366	MO	205	1:44:13	399
420	159	1:45:52	Stephen Sadd	Norfolk Gazelles RC	Male	367	M55	19	1:45:32	429
421	467	1:45:54	Rajesh Logasundaram		Male	368	M40	58	1:44:20	401
422	446	1:45:55	Jessie Martin		Female	54	FO	31	1:45:14	421
423	470	1:45:55	Adrian Farn		Male	369	M55	20	1:45:22	425
424	405	1:45:58	Kieran Earley		Male	370	MO	206	1:44:53	414
425	2445	1:46:01	Michael Wright		Male	371	MO	207	1:45:26	427
426	574	1:46:05	Martin Alford		Male	372	M40	59	1:45:46	434
427	1227	1:46:07	Katie Allan		Female	55	FO	32	1:45:28	428
428	1087	1:46:10	Gale Baxter		Female	56	F45	6	1:45:52	441
429	230	1:46:11	Ellie Siggers		Female	57	FO	33	1:45:45	432
430	725	1:46:16	Gregory Hughes		Male	373	MO	208	1:44:52	413
431	1257	1:46:20	Marcin Kuras		Male	374	MO	209	1:45:55	444
432	376	1:46:24	Michael Ford	Tri-Anglia TC	Male	375	M40	60	1:45:52	442
433	274	1:46:29	Craig Adlard		Male	376	MO	210	1:46:13	448
434	1134	1:46:30	Lucy Clark		Female	58	FO	34	1:45:48	437
435	361	1:46:32	William Frost		Male	377	MO	211	1:45:50	440
436	1136	1:46:32	Zbigniew Smialek		Male	378	MO	212	1:45:14	423
437	134	1:46:34	Ian Roberts		Male	379	M45	46	1:46:08	445
438	1179	1:46:40	Nicholas Day		Male	380	M55	21	1:45:54	443
439	2452	1:46:42	Ed Kidd		Male	381	MO	213	1:45:40	431
440	852	1:46:46	Julian Holland		Male	382	M40	61	1:46:16	449
441	239	1:46:47	Kevin Johnston		Male	383	M55	22	1:46:25	453
442	2417	1:46:47	Michael Bracken		Male	384	M40	62	1:46:17	450
443	77	1:46:49	Jason Sparkes		Male	385	MO	214	1:45:37	430
444	2532	1:46:50	Tom Storey		Male	386	M50	37	1:45:49	439
445	551	1:46:50	Adam Beckett		Male	387	M45	47	1:46:22	452
446	696	1:46:50	Melanie Widdows		Female	59	F45	7	1:46:12	447
447	839	1:46:54	Chris Bolderstone		Male	388	MO	215	1:46:27	455
448	766	1:46:54	Greg Pearson	Reepham Runners	Male	389	M40	63	1:45:46	433
449	981	1:46:56	Patrick Thirkettle		Male	390	M50	38	1:45:48	436
450	316	1:46:57	Paul Spooner		Male	391	MO	216	1:46:35	461



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
451	1057	1:46:59	Kate Connelly		Female	60	FO	35	1:46:34	459
452	218	1:47:03	Ruth Gaunt	Norwich Road Runners	Female	61	F50	5	1:46:42	463
453	988	1:47:03	Chris Dann		Male	392	M40	64	1:46:36	462
454	1241	1:47:04	Mark Bradley		Male	393	MO	217	1:46:46	466
455	297	1:47:05	Matthew Johnson		Male	394	MO	218	1:46:21	451
456	2481	1:47:05	David Boyd		Male	395	MO	219	1:45:19	424
457	584	1:47:07	Anne Ellen	Norfolk Gazelles RC	Female	62	F60	1	1:46:43	465
458	533	1:47:08	Thibault Devillard		Male	396	MO	220	1:46:43	464
459	1653	1:47:11	Colin Lockwood		Male	397	MO	221	1:45:48	438
460	468	1:47:12	Joanna Newcombe		Female	63	F40	13	1:46:35	460
461	492	1:47:14	Anita Mussett	Colchester Harriers AC	Female	64	F45	8	1:46:48	467
462	231	1:47:14	Andrew Piff		Male	398	MO	222	1:46:48	468
463	413	1:47:16	Mark Lankester	Felixstowe RRC	Male	399	M50	39	1:46:57	475
464	2105	1:47:21	Oli Turnbull		Male	400	MO	223	1:46:29	456
465	1852	1:47:25	Elizabeth Goodliffe	North Norfolk Beach Runners	Female	65	F40	14	1:46:27	454
466	2547	1:47:25	Maxwell Ward		Male	401	MO	224	1:45:47	435
467	518	1:47:25	Carl Bergdahl	Ipswich JAFFA RC	Male	402	M45	48	1:46:54	472
468	819	1:47:31	Helen Busfield		Female	66	FO	36	1:46:56	474
469	487	1:47:33	Rebecca Langford	Waveney Valley AC	Female	67	F40	15	1:47:13	483
470	1206	1:47:39	Richard Love		Male	403	M45	49	1:46:48	469
471	2470	1:47:40	Robert Duncan		Male	404	MO	225	1:46:10	446
472	394	1:47:45	Tom English		Male	405	MO	226	1:47:19	486
473	904	1:47:48	Chris Cobley		Male	406	M45	50	1:47:04	478
474	1280	1:47:50	Robert Greeves	Reepham Runners	Male	407	MO	227	1:47:14	484
475	558	1:47:50	Paul Royall		Male	408	M50	40	1:47:23	488
476	757	1:47:51	Paula Lawson	Reepham Runners	Female	68	F40	16	1:47:01	477
477	1175	1:47:56	Andrew Woods		Male	409	MO	228	1:46:30	457
478	2415	1:48:01	Jason Kelf	Norfolk Gazelles RC	Male	410	M50	41	1:47:21	487
479	1204	1:48:01	Brian Charlesworth		Male	411	M65	1	1:47:27	489
480	2416	1:48:03	Tony Wenlock		Male	412	M60	6	1:46:52	470
481	458	1:48:04	Andrew Shorthose		Male	413	M45	51	1:46:53	471
482	901	1:48:06	Nouha Tate	Coltishall Jaguars RC	Female	69	FO	37	1:46:55	473
483	2164	1:48:11	Stuart Gollands		Male	414	M40	65	1:47:11	481
484	1245	1:48:13	Victoria Marlee		Female	70	F45	9	1:47:12	482
485	924	1:48:16	Dios Fernandez	Norwich Road Runners	Male	415	M50	42	1:47:43	496
486	1239	1:48:18	Michael Sothern		Male	416	MO	229	1:47:19	485
487	908	1:48:19	Mark Fullard		Male	417	M45	52	1:47:35	492
488	2434	1:48:24	Natalie Kendall		Female	71	FO	38	1:46:59	476
489	1311	1:48:26	Graham Holland		Male	418	M50	43	1:47:51	499
490	1151	1:48:27	Louise Hudson	Dereham Runners AC	Female	72	F40	17	1:47:45	498
491	2531	1:48:27	Soren Guantlett		Female	73	FO	39	1:48:18	521
492	522	1:48:28	Robbie Alger		Male	419	MO	230	1:48:07	513
493	333	1:48:29	James Aylett		Male	420	M40	66	1:47:55	502
494	471	1:48:30	Mike Elkins		Male	421	M45	53	1:48:09	515
495	1006	1:48:32	Tony Christie		Male	422	M50	44	1:48:03	508
496	613	1:48:32	Ian Chapman		Male	423	M50	45	1:47:07	479
497	1750	1:48:32	James Kendall		Male	424	MO	231	1:47:07	480
498	1157	1:48:38	Richard Dye	Bungay Black Dog RC	Male	425	M55	23	1:47:40	494
499	2368	1:48:41	Brian Spooner		Male	426	M60	7	1:48:22	524
500	1130	1:48:43	Maria Hutson		Female	74	FO	40	1:47:56	504
501	329	1:48:46	Oliver Dack		Male	427	MO	232	1:48:38	533
502	362	1:48:46	James Platten		Male	428	M45	54	1:48:29	528
503	1192	1:48:48	Isaac Diwa		Male	429	M45	55	1:48:17	520
504	303	1:48:49	Nick Richards		Male	430	M40	67	1:48:13	516
505	1890	1:48:50	Poppy Keith		Female	75	FO	41	1:48:15	519
506	306	1:48:51	Joel Bray		Male	431	MO	233	1:46:33	458
507	1666	1:48:51	Toby Middleton		Male	432	MO	234	1:47:40	495
508	441	1:48:52	Sophie Harrington		Female	76	FO	42	1:47:35	491
509	1567	1:48:53	Louise Chappel	Norwich Road Runners	Female	77	FO	43	1:47:34	490
510	1077	1:48:55	Nigel Bradley	Wymondham AC	Male	433	M55	24	1:48:06	511
511	2530	1:48:57	Tony Shipley	Tri-Anglia TC	Male	434	M40	68	1:48:25	526
512	1170	1:48:58	Anthony Sinden	Beccles and Bungay Harriers	Male	435	M40	69	1:48:04	509
513	418	1:49:02	David Bygrave		Male	436	M50	46	1:47:58	505
514	720	1:49:06	Tom West		Male	437	MO	235	1:47:45	497
515	2377	1:49:07	Jack Walsh		Male	438	M40	70	1:48:08	514
516	1476	1:49:09	Gareth Everitt		Male	439	MO	236	1:47:55	503
517	256	1:49:11	Luke Henry	Lonely Goats RC	Male	440	MO	237	1:47:36	493
518	219	1:49:11	Cameron Martin		Male	441	MO	238	1:48:14	517
519	1172	1:49:12	Guy Houldsworth		Male	442	MO	239	1:47:59	506
520	2473	1:49:13	Ajay Arora		Male	443	M40	71	1:48:15	518
521	1111	1:49:16	Sam Allen		Male	444	MO	240	1:48:02	507
522	41	1:49:16	Vitor Hugo Barros		Male	445	MO	241	1:48:52	538
523	478	1:49:16	Alex Krause		Male	446	MO	242	1:48:42	534
524	903	1:49:17	Claire Lee		Female	78	FO	44	1:48:07	512
525	1577	1:49:17	Mark Smith		Male	447	MO	243	1:48:19	522



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
526	716	1:49:19	Matthew Nelson		Male	448	MO	244	1:48:19	523
527	2510	1:49:20	Stephen Mooney		Male	449	MO	245	1:48:25	527
528	1047	1:49:21	William Brown		Male	450	MO	246	1:48:50	537
529	1222	1:49:23	Brooke Clarke	Norwich Road Runners	Female	79	FO	45	1:48:04	510
530	1194	1:49:30	Ben Kent		Male	451	MO	247	1:47:55	501
531	1285	1:49:35	Jodie Causer	Norwich Road Runners	Female	80	FO	46	1:49:02	546
532	1286	1:49:36	Sarah Harris		Female	81	FO	47	1:48:24	525
533	709	1:49:36	Shaun Oastler		Male	452	MO	248	1:48:56	544
534	16	1:49:37	Charli Thomas		Female	82	FO	48	1:49:16	550
535	796	1:49:42	Maureen Hamis	Norwich Road Runners	Female	83	F40	18	1:49:21	553
536	1306	1:49:43	Lindsay Black	Beccles and Bungay Harriers	Female	84	FO	49	1:48:32	529
537	1024	1:49:44	James Hyde		Male	453	MO	249	1:48:52	539
538	578	1:49:47	Andrew Elliott		Male	454	MO	250	1:48:44	535
539	491	1:49:50	Darren Flatt		Male	455	M45	56	1:49:18	551
540	2369	1:49:53	Andrew Sach		Male	456	M40	72	1:48:37	531
541	976	1:49:54	Adrian Mann		Male	457	M55	25	1:47:55	500
542	759	1:49:56	Jordan Young		Male	458	MO	251	1:48:47	536
543	119	1:50:00	James Wall		Male	459	MO	252	1:49:19	552
544	237	1:50:01	Mark Banham	Diss & District AC	Male	460	MO	253	1:48:52	540
545	879	1:50:07	Sebastian Justin		Male	461	MO	254	1:48:53	541
546	927	1:50:11	Andrew Hart		Male	462	M55	26	1:48:34	530
547	1791	1:50:13	Andrew Johnson		Male	463	MO	255	1:48:59	545
548	868	1:50:14	Janice Coglin-Hibbert	Tri-Anglia TC	Female	85	F45	10	1:50:04	574
549	832	1:50:15	Natalie Drake	North Norfolk Beach Runners	Female	86	FO	50	1:49:05	547
550	918	1:50:18	Martin Lee		Male	464	M50	47	1:49:39	558
551	1692	1:50:21	Daniel Blake		Male	465	MO	256	1:48:55	543
552	2466	1:50:23	Luke Senior		Male	466	MO	257	1:48:38	532
553	1265	1:50:25	Katie Buckley		Female	87	FO	51	1:49:46	564
554	2501	1:50:27	Darrell Twite		Male	467	M45	57	1:49:40	559
555	822	1:50:28	Karma Besley		Female	88	FO	52	1:49:06	548
556	2425	1:50:28	Harley Ainsworth		Male	468	M40	73	1:49:22	554
557	968	1:50:28	Lauren Cunningham		Female	89	FO	53	1:49:42	560
558	569	1:50:35	Alexander Fitzgerald		Male	469	M45	58	1:49:13	549
559	30	1:50:35	Chris Barrell		Male	470	MO	258	1:49:23	555
560	586	1:50:35	Mark Tremelling		Male	471	M45	59	1:49:26	556
561	1915	1:50:37	John Wilson		Male	472	M55	27	1:48:54	542
562	1303	1:50:42	Peter Gowing	Reepham Runners	Male	473	M50	48	1:50:06	575
563	760	1:50:43	Steve Hope	Norfolk Gazelles RC	Male	474	MO	259	1:50:12	580
564	1226	1:50:44	James Kent		Male	475	MO	260	1:50:04	573
565	1272	1:50:45	Julian Delicata		Male	476	MO	261	1:49:58	568
566	1208	1:50:48	Ian Fisher		Male	477	M55	28	1:49:43	562
567	2472	1:50:54	Susan Nolan		Female	90	F50	6	1:50:10	578
568	1191	1:50:55	George Savva		Male	478	MO	262	1:49:38	557
569	2336	1:50:58	Lewis Wardale		Male	479	MO	263	1:49:48	566
570	2325	1:50:59	Dominic Casey		Male	480	MO	264	1:49:46	565
571	1144	1:51:01	Dominic Dave		Male	481	MO	265	1:49:49	567
572	2507	1:51:02	Nick Bedford		Male	482	M45	60	1:49:42	561
573	935	1:51:03	Alex Broome	Norwich Road Runners	Male	483	MO	266	1:49:44	563
574	2275	1:51:07	Robin Taylor		Male	484	M45	61	1:50:06	576
575	731	1:51:08	Sally Hammerton		Female	91	FO	54	1:50:02	571
576	2113	1:51:19	Lucy Ward		Female	92	FO	55	1:50:41	595
577	1078	1:51:23	Simon Fox		Male	485	M40	74	1:50:00	570
578	1314	1:51:24	Amy Wright		Female	93	FO	56	1:50:50	601
579	805	1:51:25	Anthony Fullam		Male	486	M45	62	1:50:09	577
580	753	1:51:26	Graeme Bentley		Male	487	MO	267	1:50:12	583
581	610	1:51:27	Neil Burrage		Male	488	M40	75	1:50:32	592
582	585	1:51:28	Tarun Gurung		Male	489	M40	76	1:50:26	588
583	1197	1:51:29	Emma Pomfret		Female	94	F45	11	1:50:26	589
584	717	1:51:29	Nicola Grimes		Female	95	FO	57	1:50:43	597
585	905	1:51:30	Graham Meek		Male	490	M45	63	1:50:46	599
586	370	1:51:31	David O'Callaghan		Male	491	M40	77	1:50:11	579
587	1710	1:51:31	Louise Cockerton		Female	96	FO	58	1:50:12	582
588	1247	1:51:32	Charlie Cockerton		Male	492	MO	268	1:50:12	581
589	594	1:51:36	Graham Hardingham	Norfolk Gazelles RC	Male	493	M55	29	1:50:56	602
590	1261	1:51:36	Sonja White	Coltishall Jaguars RC	Female	97	F40	19	1:50:23	586
591	550	1:51:37	Mark Blazey		Male	494	M45	64	1:51:09	610
592	307	1:51:39	Matthew Morley		Male	495	M45	65	1:50:42	596
593	997	1:51:41	Hermione Houston		Female	98	F50	7	1:51:13	611
594	2435	1:51:43	Chris Dunne		Male	496	M40	78	1:50:44	598
595	553	1:51:43	Gareth Davies	Great Yarmouth Road Runners	Male	497	MO	269	1:50:25	587
596	1244	1:51:44	Kate Bartrum		Female	99	FO	59	1:50:41	594
597	2033	1:51:45	Emily Revell		Female	100	FO	60	1:50:14	584
598	1305	1:51:48	Emma Slack		Female	101	FO	61	1:51:26	619
599	1304	1:51:48	Christopher Slack		Male	498	M45	66	1:51:26	621
600	1205	1:51:50	Michael Pickles		Male	499	M55	30	1:50:38	593





Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
601	1645	1:51:50	Patrick Cox		Male	500	MO	270	1:51:05	607
602	695	1:51:51	Thomas Rowley		Male	501	MO	271	1:51:08	609
603	1173	1:51:51	Michael Fisher		Male	502	MO	272	1:51:02	605
604	1217	1:51:52	Finn Avison		Male	503	MO	273	1:50:02	572
605	2426	1:51:53	Mark Webster		Male	504	M55	31	1:50:21	585
606	625	1:51:56	Stephen Dove		Male	505	M40	79	1:51:05	608
607	1949	1:51:59	Stuart Murtha		Male	506	MO	274	1:50:31	591
608	969	1:52:02	Martin Brigden		Male	507	M60	8	1:51:03	606
609	742	1:52:02	Joe Hill		Male	508	MO	275	1:51:27	622
610	1301	1:52:03	Matthew Sprake		Male	509	MO	276	1:51:32	628
611	2358	1:52:05	Julie Doughty		Female	102	F45	12	1:50:56	603
612	967	1:52:07	Katie Childs		Female	103	F40	20	1:50:49	600
613	1171	1:52:07	Richard Deswarte		Male	510	M50	49	1:51:28	623
614	2511	1:52:14	Shaun Brinded		Male	511	M50	50	1:51:23	616
615	637	1:52:15	Anthony Gravestock		Male	512	MO	277	1:51:30	624
616	619	1:52:19	Richard Coles		Male	513	MO	278	1:51:58	639
617	1002	1:52:20	Adrian Hollis		Male	514	M50	51	1:51:23	615
618	2460	1:52:25	Oliver Morgan		Male	515	MO	279	1:51:13	612
619	346	1:52:27	Mark Schorman		Male	516	M45	67	1:51:31	627
620	2539	1:52:30	Charlie Lewington-Bracey		Female	104	FO	62	1:51:44	632
621	543	1:52:30	Mark Barney		Male	517	MO	280	1:51:17	613
622	2127	1:52:34	Ryan Searle		Male	518	MO	281	1:50:00	569
623	260	1:52:34	John Rutterford		Male	519	MO	282	1:51:47	633
624	501	1:52:35	Andy Hibbins		Male	520	M45	68	1:51:30	625
625	791	1:52:37	Ian Blatchford	Ely Runners	Male	521	M50	52	1:51:25	617
626	1128	1:52:38	William Trow	Norwich Road Runners	Male	522	MO	283	1:51:20	614
627	705	1:52:39	Simon Rix		Male	523	M45	69	1:50:59	604
628	1000	1:52:39	Miranda Rogers		Female	105	FO	63	1:51:41	629
629	334	1:52:40	Glen Allott		Male	524	M40	80	1:51:26	620
630	1158	1:52:44	Tim Cook	Norfolk Gazelles RC	Male	525	M45	70	1:52:02	641
631	746	1:52:47	Alexander Wilkes		Male	526	MO	284	1:51:49	634
632	942	1:52:48	Joseph Verran		Male	527	MO	285	1:51:49	635
633	1537	1:52:57	Nolan Tovell		Male	528	M40	81	1:50:29	590
634	1415	1:52:57	Rob Cracknell		Male	529	MO	286	1:51:26	618
635	1082	1:53:00	Harriet Lowndes	Victoria Park Harriers & Tower Hamlets AC	Female	106	FO	64	1:51:50	636
636	854	1:53:01	Tafi Mangwiza		Male	530	M40	82	1:52:16	644
637	1289	1:53:01	Leanne Botwright	Bure Valley Harriers	Female	107	FO	65	1:52:14	643
638	93	1:53:03	Andrew Cole		Male	531	MO	287	1:52:31	652
639	966	1:53:05	Paul Robbins	Norwich Road Runners	Male	532	M45	71	1:51:31	626
640	2005	1:53:07	Simon Leeder		Male	533	MO	288	1:52:41	657
641	1064	1:53:07	Peter Finch	Ipswich JAFFA RC	Male	534	M55	32	1:51:59	640
642	351	1:53:07	Sara Head	St Albans Striders	Female	108	F40	21	1:51:53	637
643	713	1:53:07	Sam Woolcock		Male	535	MO	289	1:51:43	631
644	780	1:53:11	Russell Haddow		Male	536	MO	290	1:51:43	630
645	416	1:53:11	Alison Stewart	Norwich Road Runners	Female	109	F60	2	1:52:03	642
646	1133	1:53:15	Mark Leon Garrod		Male	537	M55	33	1:52:32	654
647	1654	1:53:17	Jason Greves		Male	538	M40	83	1:52:16	645
648	1290	1:53:17	Linda Cusack	Thetford AC	Female	110	F60	3	1:52:16	646
649	875	1:53:18	Stephen Middleton		Male	539	M45	72	1:52:50	665
650	1757	1:53:23	Daniel Hammond		Male	540	MO	291	1:51:57	638
651	1165	1:53:24	Jeremy Corfe		Male	541	M45	73	1:52:17	647
652	701	1:53:26	Peter Welch		Male	542	M50	53	1:53:06	673
653	692	1:53:28	Marie Hill		Female	111	F40	22	1:52:22	651
654	1080	1:53:30	Jason Marsh		Male	543	M45	74	1:52:45	660
655	826	1:53:32	Dion Phillips		Male	544	MO	292	1:52:20	648
656	2457	1:53:33	Connor Harwood		Male	545	MO	293	1:52:22	649
657	1213	1:53:34	Paul Browne		Male	546	M40	84	1:52:59	668
658	1546	1:53:36	Michael Edwards		Male	547	M55	34	1:52:47	662
659	42	1:53:42	Vincent Rosuel		Male	548	MO	294	1:53:13	681
660	2443	1:53:45	Debbie Montague		Female	112	F45	13	1:52:31	653
661	1138	1:53:51	Tim Powter-Robinson		Male	549	M55	35	1:52:22	650
662	1260	1:53:52	Daniel Fisher		Male	550	M45	75	1:52:50	663
663	521	1:53:54	Paul Choak		Male	551	M65	2	1:53:03	671
664	2218	1:53:57	Alessia Tarantino		Female	113	FO	66	1:53:00	669
665	919	1:53:59	Juliette Meek		Female	114	FO	67	1:53:10	680
666	1423	1:53:59	Charlotte Hood		Female	115	FO	68	1:52:34	656
667	2496	1:54:01	David Hogg		Male	552	M50	54	1:53:07	677
668	1212	1:54:02	Luca Santangelo		Male	553	MO	295	1:52:34	655
669	836	1:54:02	Sarah Tutt		Female	116	F45	14	1:52:50	664
670	1428	1:54:04	Daniel Green	Istead & Ifield Harriers	Male	554	MO	296	1:53:35	691
671	2475	1:54:06	Ashley Medell		Male	555	MO	297	1:52:41	658
672	2190	1:54:06	Mathew Codling		Male	556	M45	76	1:52:44	659
673	1268	1:54:07	Nicola Byford		Female	117	F40	23	1:53:05	672
674	899	1:54:10	Mark Barrett		Male	557	M50	55	1:53:10	679
675	1583	1:54:10	Sharon Jones	Coltishall Jaguars RC	Female	118	F50	8	1:53:18	683



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
676	953	1:54:13	Lisa Palmer		Female	119	F40	24	1:53:07	676
677	1501	1:54:14	George Hood		Male	558	MO	298	1:52:50	666
678	812	1:54:16	Pete Goddard		Male	559	M60	9	1:53:01	670
679	2471	1:54:21	Richard Nolan		Male	560	M55	36	1:53:37	695
680	373	1:54:24	Dominik Drzymala		Male	561	MO	299	1:52:46	661
681	25	1:54:28	Irena Marcinek		Female	120	F40	25	1:53:42	699
682	81	1:54:28	Michael Fish Sadler	North Norfolk Beach Runners	Male	562	M55	37	1:53:26	685
683	2412	1:54:28	Kinga Malyszka		Female	121	F40	26	1:53:43	701
684	1023	1:54:31	Andrew Bush		Male	563	MO	300	1:52:52	667
685	654	1:54:32	Lucy Mitchell		Female	122	FO	69	1:53:47	702
686	842	1:54:32	Caroline Allen		Female	123	F40	27	1:53:08	678
687	973	1:54:33	Giles Kerkham		Male	564	M45	77	1:53:32	688
688	1102	1:54:34	David Crotch		Male	565	M55	38	1:54:01	707
689	417	1:54:35	Andrew Griffiths		Male	566	M50	56	1:54:21	717
690	460	1:54:37	Samantha Stringer	West Norfolk AC	Female	124	FO	70	1:53:36	693
691	1405	1:54:39	Becky Arnold		Female	125	FO	71	1:53:33	690
692	1416	1:54:40	Richard Beastall	Goodgym Race Team	Male	567	MO	301	1:54:03	708
693	1457	1:54:43	Paul Young		Male	568	M40	85	1:53:38	696
694	817	1:54:44	Hazel Thorn		Female	126	F40	28	1:53:07	675
695	2363	1:54:45	Eugene Balster		Male	569	M50	57	1:53:42	698
696	580	1:54:48	Johnny Hood		Male	570	MO	302	1:54:08	711
697	907	1:54:49	David Suddes		Male	571	M40	86	1:53:15	682
698	902	1:54:50	Nicola Doggett		Female	127	FO	72	1:53:50	704
699	261	1:54:56	Jessica Gossett		Female	128	FO	73	1:53:36	694
700	843	1:54:59	Jo Buchanan		Female	129	F40	29	1:53:35	692
701	724	1:55:04	Gareth Hughes		Male	572	MO	303	1:53:06	674
702	1229	1:55:08	Peter Stillings		Male	573	MO	304	1:54:29	720
703	829	1:55:10	Darren Easton		Male	574	M45	78	1:53:55	706
704	922	1:55:12	Denis Tuttle		Male	575	M60	10	1:53:29	686
705	1450	1:55:14	Ben Walker		Male	576	MO	305	1:53:33	689
706	1072	1:55:14	Simon Scott	St. Edmunds Pacers	Male	577	M55	39	1:54:03	709
707	1045	1:55:16	John Hirst		Male	578	M50	58	1:54:16	714
708	1041	1:55:18	Lisa Clark	Halstead RRC	Female	130	FO	74	1:53:52	705
709	505	1:55:25	Neil Harries		Male	579	M55	40	1:55:08	735
710	67	1:55:27	Martin Harrison	Vegan Runners	Male	580	MO	306	1:53:23	684
711	514	1:55:27	John Morgan		Male	581	M55	41	1:54:59	732
712	350	1:55:29	David Kelly		Male	582	MO	307	1:53:47	703
713	996	1:55:33	Andy Oakley		Male	583	MO	308	1:54:50	728
714	913	1:55:35	Ian Sadd	Norfolk Gazelles RC	Male	584	M50	59	1:54:12	712
715	1498	1:55:35	Andrew Fish		Male	585	M40	87	1:53:43	700
716	1599	1:55:37	Mark Catling		Male	586	MO	309	1:53:40	697
717	2210	1:55:39	Sarah Cooke		Female	131	FO	75	1:54:44	726
718	1054	1:55:39	Steven Shillingford		Male	587	M55	42	1:55:05	734
719	2100	1:55:40	Iain Johnstone	Great Yarmouth Road Runners	Male	588	M50	60	1:54:18	715
720	287	1:55:42	Eva Fetyko		Female	132	FO	76	1:54:05	710
721	1050	1:55:47	Thomas Gooch		Male	589	MO	310	1:54:41	725
722	1263	1:55:54	Peter Buxton	Amazing Feet RC	Male	590	M50	61	1:55:17	742
723	1186	1:55:58	Rebecca Clare	Woodbridge Shufflers RRC	Female	133	F50	9	1:55:16	740
724	2246	1:55:58	Matt Traynar		Male	591	MO	311	1:55:58	771
725	971	1:56:01	Martin Howard	Norwich Road Runners	Male	592	M65	3	1:54:21	716
726	1569	1:56:01	Pascal Hardy		Male	593	MO	312	1:54:49	727
727	1176	1:56:03	Loren Ellis		Male	594	MO	313	1:54:36	721
728	1742	1:56:03	Dominic Lee		Male	595	MO	314	1:54:37	722
729	1255	1:56:05	Katharine Law		Female	134	FO	77	1:53:31	687
730	1085	1:56:10	Jared Stanton		Male	596	MO	315	1:54:53	731
731	284	1:56:13	Will Goff		Male	597	MO	316	1:54:51	729
732	1924	1:56:16	Sophie Flux		Female	135	F40	30	1:54:52	730
733	1224	1:56:19	Pauline Fargues		Female	136	FO	78	1:55:50	765
734	704	1:56:20	Paul Rix		Male	598	M40	88	1:54:39	724
735	1271	1:56:23	Graeme Barber		Male	599	MO	317	1:55:21	743
736	201	1:56:26	Mark Little		Male	600	M40	89	1:54:15	713
737	1452	1:56:29	Lizzie Matthews		Female	137	FO	79	1:55:35	750
738	1449	1:56:32	Stephen Vaughan		Male	601	M50	62	1:54:37	723
739	490	1:56:34	Sam Poulter		Male	602	MO	318	1:56:19	783
740	1674	1:56:35	Chloe McAllister		Female	138	FO	80	1:55:28	745
741	1008	1:56:38	Alastair McCartney		Male	603	M40	90	1:55:49	763
742	2543	1:56:38	Daisy Keeping		Female	139	FO	81	1:55:11	737
743	1655	1:56:39	Cat Watson		Female	140	FO	82	1:55:41	755
744	1456	1:56:39	Alexander Cho		Male	604	MO	319	1:55:54	767
745	2372	1:56:39	Sam Olley		Male	605	MO	320	1:55:41	753
746	1904	1:56:41	Thomas Lowe		Male	606	MO	321	1:55:27	744
747	1440	1:56:41	Tracey Renshaw	Wymondham AC	Female	141	F50	10	1:54:28	719
748	1968	1:56:42	Fufu Fang		Male	607	MO	322	1:55:38	752
749	1090	1:56:43	Hanna Brown		Female	142	FO	83	1:56:13	779
750	947	1:56:46	Annabel Leech		Female	143	F40	31	1:55:45	760



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
751	1063	1:56:46	Gareth Stevens		Male	608	M40	91	1:55:53	766
752	992	1:56:46	Chloe-Louise Cross		Female	144	FO	84	1:55:44	759
753	208	1:56:49	Jules Pike		Male	609	M45	79	1:55:02	733
754	752	1:56:49	Alice Watson		Female	145	FO	85	1:55:34	748
755	1729	1:56:51	Joshua Wright		Male	610	MO	323	1:55:15	738
756	689	1:56:51	Catherine Meadows		Female	146	FO	86	1:55:43	757
757	1183	1:56:53	Leslie Wright		Male	611	M45	80	1:55:17	741
758	444	1:56:55	Linda Crouch		Female	147	F50	11	1:56:37	803
759	778	1:56:55	Craig Glen		Male	612	MO	324	1:54:23	718
760	531	1:56:56	Mike Harrington		Male	613	M45	81	1:55:35	751
761	2430	1:56:57	Sharon Warland	Stowmarket Striders RC	Female	148	F50	12	1:55:47	761
762	1494	1:56:58	Nicholas Jones		Male	614	MO	325	1:55:43	756
763	1200	1:56:59	James Kybird		Male	615	MO	326	1:55:15	739
764	847	1:57:00	Emma Yardy		Female	149	FO	87	1:56:12	777
765	602	1:57:02	Rachel Taylor	Bungay Black Dog RC	Female	150	F40	32	1:55:55	768
766	957	1:57:04	Benedetta Gattari		Female	151	FO	88	1:56:11	776
767	2526	1:57:04	Angela Cole		Female	152	FO	89	1:55:56	769
768	1507	1:57:14	Karen Wraighte	Bure Valley Harriers	Female	153	F40	33	1:55:35	749
769	399	1:57:16	James Wright		Male	616	MO	327	1:56:42	807
770	1093	1:57:18	Rob Winner	Wymondham AC	Male	617	M45	82	1:56:25	795
771	340	1:57:19	Kathryn Dalrymple	London City AC	Female	154	FO	90	1:56:09	774
772	1273	1:57:20	Emma Renouf	Norwich Road Runners	Female	155	F40	34	1:56:05	773
773	943	1:57:20	Nancy Connolly		Female	156	FO	91	1:56:16	781
774	1989	1:57:20	Samuel Connolly		Male	618	MO	328	1:56:16	782
775	900	1:57:21	Alan Doggett		Male	619	M40	92	1:56:21	786
776	1236	1:57:22	Nikki Reid		Female	157	F40	35	1:56:13	778
777	1794	1:57:22	Jonathan Key		Male	620	MO	329	1:56:23	790
778	923	1:57:22	Matt Brewer		Male	621	MO	330	1:56:24	792
779	462	1:57:23	Simon Hartley		Male	622	M45	83	1:55:32	746
780	1689	1:57:24	Mat Riches		Male	623	M40	93	1:55:34	747
781	2446	1:57:24	Anna Keane	100 Marathon Club	Female	158	FO	92	1:56:43	808
782	1137	1:57:25	Jack Bobbin		Male	624	MO	331	1:56:57	820
783	1636	1:57:25	Sophie Burkett		Female	159	FO	93	1:56:46	809
784	1701	1:57:26	Hannah Sadler		Female	160	FO	94	1:55:58	770
785	2051	1:57:26	Sam Miles		Male	625	MO	332	1:55:08	736
786	1300	1:57:26	David Hyett		Male	626	M40	94	1:56:54	817
787	192	1:57:29	Michelle Bull		Female	161	F45	15	1:56:47	810
788	1262	1:57:31	Jonathan Jones		Male	627	M60	11	1:56:51	814
789	1233	1:57:31	Dennis Laudick		Male	628	M50	63	1:56:24	793
790	833	1:57:32	Tracey Showers	North Norfolk Beach Runners	Female	162	FO	95	1:55:50	764
791	1029	1:57:36	Jonathan Cole		Male	629	MO	333	1:56:10	775
792	1203	1:57:39	Andrew Biss		Male	630	M45	84	1:55:47	762
793	506	1:57:39	Richard Morrish		Male	631	M55	43	1:57:23	839
794	1499	1:57:40	Janine Salter		Female	163	F40	36	1:56:19	785
795	1500	1:57:40	Sara Matthews		Female	164	F45	16	1:56:19	784
796	633	1:57:40	Helen Foster		Female	165	F45	17	1:56:51	813
797	1663	1:57:40	Russell Cooper		Male	632	M45	85	1:56:51	812
798	442	1:57:43	Lachlan Jardine		Male	633	MO	334	1:56:25	796
799	1195	1:57:43	Neil Henery		Male	634	M55	44	1:56:05	772
800	1022	1:57:45	Michael Walker		Male	635	MO	335	1:56:23	789
801	1698	1:57:45	Luke Burrows		Male	636	MO	336	1:56:22	787
802	600	1:57:45	Kate Smith	Bungay Black Dog RC	Female	166	F45	18	1:56:38	804
803	1264	1:57:47	Steve Chapman	Reepham Runners	Male	637	M45	86	1:57:09	832
804	2486	1:57:48	Luke Bowler		Male	638	MO	337	1:57:02	827
805	1094	1:57:48	Julie Winner	Wymondham AC	Female	167	F45	19	1:56:55	819
806	2177	1:57:50	Doug Wright		Male	639	MO	338	1:56:30	801
807	1635	1:57:51	Hayley Villarde		Female	168	FO	96	1:56:22	788
808	374	1:57:52	Matthew Gibbard		Male	640	MO	339	1:56:24	791
809	1068	1:57:53	Marianne Armstrong	Norwich Road Runners	Female	169	FO	97	1:57:25	841
810	2083	1:57:54	Katherine McAreyve		Female	170	FO	98	1:57:02	826
811	1786	1:57:55	Gary Turner		Male	641	M50	64	1:55:41	754
812	862	1:57:58	Emily Jordan	Norwich Road Runners	Female	171	F45	20	1:56:27	798
813	320	1:57:58	Tom Jordan		Male	642	MO	340	1:56:27	797
814	2509	1:57:59	John Miller	Norwich Road Runners	Male	643	M55	45	1:57:03	829
815	2465	1:57:59	Nathan Wilson		Male	644	M45	87	1:57:02	828
816	949	1:57:59	Richard Egle		Male	645	M45	88	1:56:29	800
817	61	1:58:03	John Baldwin		Male	646	M50	65	1:56:53	815
818	304	1:58:07	Ian Beggs		Male	647	M50	66	1:57:08	830
819	1690	1:58:08	David Partridge		Male	648	MO	341	1:56:14	780
820	2506	1:58:08	Edward Wharton		Male	649	M50	67	1:57:12	833
821	456	1:58:10	Sarah MacLennan		Female	172	FO	99	1:57:09	831
822	865	1:58:10	Clifford Yates		Male	650	M40	95	1:56:39	805
823	1560	1:58:11	Liam O'Brien		Male	651	MO	342	1:55:44	758
824	849	1:58:12	Tracey Marsh	Tri-Anglia TC	Female	173	F45	21	1:57:35	850
825	1641	1:58:13	Nichola Bennett		Female	174	FO	100	1:56:53	816



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
826	944	1:58:15	Christopher Coleman		Male	652	MO	343	1:56:36	802
827	2512	1:58:15	Abigail Grand		Female	175	F40	37	1:56:55	818
828	29	1:58:20	Scott Walker		Male	653	MO	344	1:57:20	837
829	1309	1:58:22	Daniel Brock		Male	654	MO	345	1:56:58	822
830	1181	1:58:24	David Murrell	Norfolk Gazelles RC	Male	655	M40	96	1:57:15	835
831	1714	1:58:26	Johnny Watts		Male	656	M55	46	1:56:58	821
832	946	1:58:27	Sarah Heatley	Norwich Road Runners	Female	176	F40	38	1:57:54	857
833	1436	1:58:31	Lee Taylor		Male	657	MO	346	1:57:21	838
834	2542	1:58:33	Ellen Stewart		Female	177	FO	101	1:57:15	834
835	390	1:58:34	Sam Matthews		Male	658	MO	347	1:57:17	836
836	432	1:58:34	Paul Simpson		Male	659	MO	348	1:57:32	846
837	364	1:58:38	Robert Hughes		Male	660	MO	349	1:56:41	806
838	1788	1:58:38	James Taylor		Male	661	MO	350	1:56:59	823
839	209	1:58:39	Matt Reed		Male	662	MO	351	1:57:29	845
840	915	1:58:40	Michelle Barker	Wymondham AC	Female	178	FO	102	1:57:01	824
841	2497	1:58:43	Anne Graveling		Female	179	F65	1	1:57:57	861
842	1709	1:58:48	Tamsin Leah		Female	180	FO	103	1:56:50	811
843	1270	1:58:50	Charlie Michael		Male	663	MO	352	1:57:25	840
844	1590	1:58:50	Lee Rudderham		Male	664	M40	97	1:57:02	825
845	1874	1:58:59	Alaine Fielding		Female	181	FO	104	1:57:37	851
846	909	1:58:59	Peter Scarfe		Male	665	MO	353	1:58:09	877
847	773	1:59:00	Stuart Hillman		Male	666	MO	354	1:57:47	854
848	1288	1:59:01	Nicola Johnson		Female	182	F40	39	1:57:55	858
849	1003	1:59:03	Holly Sherington		Female	183	FO	105	1:58:04	870
850	747	1:59:05	Juliet Chambers		Female	184	FO	106	1:57:27	843
851	987	1:59:05	Cj Green		Female	185	F40	40	1:57:52	856
852	876	1:59:06	Tom Margitson		Male	667	MO	355	1:58:58	910
853	1145	1:59:07	Joe Neale		Male	668	MO	356	1:57:25	842
854	1721	1:59:10	Mark Bowers		Male	669	MO	357	1:56:24	794
855	1096	1:59:13	Judy Crooks	Norwich Road Runners	Female	186	F55	3	1:57:41	853
856	920	1:59:14	Karl Tovell		Male	670	MO	358	1:56:28	799
857	26	1:59:14	Kym Robertson	St. Edmunds Pacers	Female	187	F40	41	1:57:56	860
858	1146	1:59:14	Richard Wesley		Male	671	M45	89	1:57:34	849
859	1235	1:59:19	Chris Tyrrell	Great Yarmouth Road Runners	Male	672	MO	359	1:58:00	863
860	1738	1:59:19	Graham Jackson		Male	673	M40	98	1:57:27	844
861	2406	1:59:22	Sophie Abraham		Female	188	FO	107	1:58:01	865
862	1838	1:59:23	Rebecca Seaman		Female	189	FO	108	1:57:55	859
863	732	1:59:23	Steph Barnes		Female	190	F40	42	1:57:34	848
864	1259	1:59:28	Kyle Canning		Male	674	MO	360	1:58:05	872
865	764	1:59:28	Esther Bliss		Female	191	FO	109	1:58:06	875
866	948	1:59:28	Edward Burchell	Stowmarket Striders RC	Male	675	MO	361	1:58:28	891
867	762	1:59:29	Paul Malcolm		Male	676	M55	47	1:58:07	876
868	1393	1:59:29	Philip Houghton		Male	677	MO	362	1:58:26	889
869	1243	1:59:30	Barney Goodrum	Lonely Goats RC	Male	678	M50	68	1:58:13	882
870	932	1:59:32	Michael Harris		Male	679	M45	90	1:57:40	852
871	956	1:59:32	Martin Ferguson		Male	680	MO	363	1:58:05	873
872	1491	1:59:32	Kevin Boldy	Lonely Goats RC	Male	681	M50	69	1:58:01	864
873	1033	1:59:32	Kevin Willoughby		Male	682	M50	70	1:58:04	869
874	1018	1:59:35	Ian Langham		Male	683	MO	364	1:58:00	862
875	834	1:59:35	Lucy Ring	Norwich Road Runners	Female	192	FO	110	1:58:05	871
876	95	1:59:35	Luke Guy	Norwich Road Runners	Male	684	MO	365	1:58:03	866
877	1667	1:59:35	Jeanette Simpson		Female	193	FO	111	1:58:33	895
878	377	1:59:37	Tanya Betts		Female	194	F45	22	1:58:21	886
879	740	1:59:39	Catherine Scott		Female	195	F45	23	1:58:23	887
880	1107	1:59:42	Jonathan Day		Male	685	M45	91	1:58:12	879
881	2401	1:59:42	Rebekah Rose		Female	196	FO	112	1:58:36	898
882	2402	1:59:42	James Maguire		Male	686	MO	366	1:58:36	897
883	1182	1:59:44	Angela Perkins		Female	197	F40	43	1:59:06	913
884	1237	1:59:45	Adam Lemmon		Male	687	MO	367	1:57:49	855
885	783	1:59:46	Colin Smith		Male	688	MO	368	1:58:11	878
886	831	1:59:46	Vicky Bailey	Norwich Road Runners	Female	198	FO	113	1:58:14	884
887	993	1:59:48	Dominique Bivar Segurado	Norwich Road Runners	Female	199	F40	44	1:58:13	881
888	750	1:59:49	Jonathan Randall		Male	689	MO	369	1:58:36	899
889	1202	1:59:50	Ian Cummings		Male	690	M50	71	1:58:06	874
890	1001	1:59:50	Connie Rogers		Female	200	FO	114	1:58:04	868
891	540	1:59:51	Ben Kendall	Norwich Road Runners	Male	691	MO	370	1:58:32	893
892	816	1:59:52	Esther Jack		Female	201	F45	24	1:59:00	911
893	972	1:59:54	Stephen Hill	Norwich Road Runners	Male	692	M50	72	1:58:03	867
894	813	1:59:55	Sophie McLaren	Wymondham AC	Female	202	FO	115	1:58:17	885
895	1252	1:59:56	Jane Thomas	Great Yarmouth Road Runners	Female	203	F45	25	1:58:34	896
896	1553	1:59:57	Cate Moore		Female	204	F40	45	1:59:36	923
897	1571	2:00:05	Lan Crotch		Female	205	FO	116	2:00:05	937
898	986	2:00:06	Frazer Green		Male	693	M45	92	1:58:53	906
899	768	2:00:07	Gemma Easter		Female	206	FO	117	1:58:46	903
900	1007	2:00:07	Rav Natarajan		Male	694	M50	73	1:58:54	908





Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
901	1512	2:00:08	Bobbie Sauerzapf	Bungay Black Dog RC	Female	207	F60	4	1:58:33	894
902	723	2:00:09	Kate Gooding	Wymondham AC	Female	208	FO	118	1:58:32	892
903	2442	2:00:09	Jamie Loudoun		Male	695	M40	99	1:58:45	901
904	1715	2:00:10	Alister James		Male	696	M45	93	1:58:12	880
905	1524	2:00:12	Andrew Elliott		Male	697	M50	74	1:57:33	847
906	1732	2:00:16	Jackie Gooch	Coltishall Jaguars RC	Female	209	F55	4	1:59:23	917
907	1122	2:00:16	Susan Larke		Female	210	F45	26	1:59:25	919
908	1763	2:00:17	Mark Fryer		Male	698	M50	75	1:58:54	907
909	1291	2:00:17	Matthew Ware		Male	699	MO	371	1:58:48	904
910	2096	2:00:20	Fergus Eyres		Male	700	MO	372	1:58:13	883
911	1723	2:00:21	Matthew White		Male	701	M40	100	1:59:36	922
912	989	2:00:27	Emma Elliott		Female	211	FO	119	1:58:44	900
913	804	2:00:32	Paul Sharman		Male	702	M50	76	1:59:27	920
914	1756	2:00:35	Colin Chamberlain		Male	703	M50	77	1:59:31	921
915	2485	2:00:36	Jo Silver		Female	212	F50	13	2:00:00	933
916	775	2:00:39	Neesha Bloomfield		Female	213	FO	120	1:59:43	925
917	2433	2:00:40	Kevin Farrow		Male	704	MO	373	1:58:25	888
918	1702	2:00:45	Dennis Ammann		Male	705	MO	374	1:59:17	916
919	2544	2:00:46	Emily Redhead		Female	214	FO	121	1:58:26	890
920	857	2:00:48	Andrew Loveday	Tri-Anglia TC	Male	706	MO	375	1:59:46	927
921	1044	2:00:51	Julie Read		Female	215	F55	5	1:58:54	909
922	1396	2:00:52	Gemma Dove		Female	216	F40	46	2:00:01	935
923	317	2:00:54	Darren Nockels		Male	707	M45	94	1:59:59	932
924	1773	2:00:58	Elle Tivey		Female	217	FO	122	2:00:19	943
925	2361	2:00:58	Isabelle Temple		Female	218	FO	123	2:00:18	942
926	1486	2:01:02	Pete Alder		Male	708	M45	95	1:58:52	905
927	1232	2:01:03	Connor Grant		Male	709	MO	376	1:58:46	902
928	1132	2:01:04	Eleanor Saunders		Female	219	FO	124	1:59:07	914
929	1527	2:01:13	Penny Gale		Female	220	F40	47	1:59:48	928
930	2357	2:01:14	Emma Davids	Vegan Runners	Female	221	FO	125	1:59:11	915
931	697	2:01:17	Peter Wroth		Male	710	MO	377	2:00:02	936
932	1573	2:01:19	Christopher Bowen		Male	711	M40	101	1:59:01	912
933	797	2:01:21	Matthew Field		Male	712	MO	378	1:59:56	931
934	2010	2:01:21	Martin Keeler		Male	713	MO	379	1:59:24	918
935	930	2:01:23	James Desborough		Male	714	MO	380	1:59:49	929
936	547	2:01:24	Louise Hurr	Norfolk Gazelles RC	Female	222	F50	14	2:00:45	961
937	598	2:01:25	Laura Richardson	Norfolk Gazelles RC	Female	223	FO	126	2:00:45	960
938	327	2:01:27	Andrew Ward		Male	715	M55	48	2:00:17	941
939	1559	2:01:27	Theresa Downes		Female	224	FO	127	1:59:56	930
940	2437	2:01:30	Madeline Morris		Female	225	FO	128	2:00:13	940
941	2091	2:01:32	Alison Driver		Female	226	F40	48	2:00:24	947
942	1682	2:01:33	Patrick Nelson		Male	716	M45	96	1:59:41	924
943	1661	2:01:35	Kirsty Paradot		Female	227	F40	49	2:00:12	939
944	1004	2:01:35	Steffi Thomas		Female	228	FO	129	2:00:37	950
945	837	2:01:37	Simon George		Male	717	M45	97	2:00:00	934
946	2529	2:01:39	Sarah Sheeran		Female	229	F45	27	2:00:37	949
947	990	2:01:39	Michael Haddon		Male	718	MO	381	2:00:51	967
948	678	2:01:40	Joanna Wallis-Fahy		Female	230	FO	130	2:01:05	980
949	1156	2:01:46	Elaine Hudson	Norfolk Gazelles RC	Female	231	F60	5	2:01:05	979
950	1249	2:01:47	Sam Larnder		Male	719	MO	382	2:00:47	963
951	2421	2:01:50	Angie Bear	Wymondham AC	Female	232	F60	6	2:01:02	973
952	2197	2:01:57	Gavin Jones		Male	720	M45	98	2:00:10	938
953	1160	2:01:58	Miwako Araki		Female	233	FO	131	2:00:40	952
954	2024	2:02:00	Jonathan Blagrove		Male	721	M40	102	2:00:43	957
955	357	2:02:01	Ian Anderson		Male	722	MO	383	2:00:21	945
956	1776	2:02:02	Damian Hilton		Male	723	M40	103	2:01:07	981
957	824	2:02:03	Hayley Hurst		Female	234	FO	132	2:00:22	946
958	360	2:02:06	Benjamin Lewis		Male	724	MO	384	2:00:55	970
959	1581	2:02:07	Christopher Abel		Male	725	MO	385	2:00:45	959
960	851	2:02:08	Guy Newstead		Male	726	MO	386	2:01:18	983
961	883	2:02:10	Louise Leunis		Female	235	FO	133	2:00:50	965
962	792	2:02:12	Andrew Jay		Male	727	M50	78	1:59:45	926
963	1542	2:02:13	Chris Clowe	Ely Runners	Male	728	M40	104	2:01:54	1002
964	1533	2:02:16	Annabel Overton		Female	236	FO	134	2:00:33	948
965	1167	2:02:16	Jim Adams		Male	729	M45	99	2:00:38	951
966	1298	2:02:20	Kerry Metcalf	Norwich Road Runners	Female	237	FO	135	2:00:44	958
967	763	2:02:21	Chris Anderson		Male	730	MO	387	2:00:42	956
968	1153	2:02:22	Matthew Pummell		Male	731	MO	388	2:00:58	972
969	315	2:02:24	Simon Page		Male	732	M40	105	2:00:41	953
970	858	2:02:24	Suzanne Nurse		Female	238	F40	50	2:00:42	955
971	995	2:02:27	Faye Lipscombe		Female	239	FO	136	2:01:10	982
972	911	2:02:29	Jack Purcell		Male	733	MO	389	2:00:58	971
973	984	2:02:30	Abi Davis		Female	240	FO	137	2:00:19	944
974	2414	2:02:30	Michael Pope	Wymondham AC	Male	734	M60	12	2:01:43	996
975	869	2:02:31	Karl Woolston		Male	735	MO	390	2:01:20	985



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
976	1143	2:02:31	Chris Varley		Male	736	M45	100	2:01:19	984
977	1109	2:02:31	Robyn Howard		Female	241	FO	138	2:01:20	987
978	1112	2:02:32	Emma Tyrrell		Female	242	FO	139	2:01:20	986
979	788	2:02:44	Sharon Sykes		Female	243	F50	15	2:01:43	997
980	2420	2:02:44	Jonathan Lyon		Male	737	M50	79	2:01:36	993
981	954	2:02:44	Martyn Bell		Male	738	M40	106	2:01:23	988
982	396	2:02:45	Aaron Gent		Male	739	MO	391	2:01:36	992
983	2018	2:02:47	Kate Golon		Female	244	FO	140	2:00:45	962
984	1308	2:02:50	Teddyb Nsonwu		Male	740	MO	392	2:02:12	1016
985	980	2:02:50	Matt Sykes		Male	741	M50	80	2:00:50	964
986	999	2:02:51	Bill Wedge		Male	742	M40	107	2:01:05	978
987	1140	2:02:52	Victoria Pollington		Female	245	FO	141	2:01:04	974
988	815	2:02:52	Daniel Ryan		Male	743	MO	393	2:01:04	977
989	734	2:02:54	Neil Sawyer		Male	744	M45	101	2:00:41	954
990	2427	2:02:57	Julia Deo		Female	246	FO	142	2:02:06	1008
991	1126	2:03:00	Kurt Bish		Male	745	MO	394	2:02:02	1005
992	2410	2:03:00	Robert Neville		Male	746	M40	108	2:00:50	966
993	1487	2:03:03	Bernard Nunn	Lonely Goats RC	Male	747	M55	49	2:01:04	976
994	790	2:03:03	Sarah Townend		Female	247	F50	16	2:00:53	968
995	1705	2:03:05	Isaac Ringwood		Male	748	MO	395	2:02:20	1022
996	1434	2:03:07	Steve Sharp		Male	749	M50	81	2:01:34	989
997	802	2:03:08	Paul Gant		Male	750	M50	82	2:01:04	975
998	1053	2:03:11	Kayleigh Taylor		Female	248	FO	143	2:01:36	991
999	2503	2:03:18	Tivon Zab		Male	751	MO	396	2:01:58	1004
1000	859	2:03:20	Bethany Tooley		Female	249	FO	144	2:02:16	1018
1001	686	2:03:22	Matthew Reilly		Male	752	MO	397	2:00:54	969
1002	291	2:03:25	James Halls		Male	753	MO	398	2:03:06	1033
1003	807	2:03:30	Debbie Kennedy		Female	250	F55	6	2:01:38	994
1004	699	2:03:31	Jessica Ashley		Female	251	F45	28	2:01:44	998
1005	2528	2:03:31	John Sheeran		Male	754	M50	83	2:02:30	1025
1006	1230	2:03:38	Annika Abbott		Female	252	FO	145	2:02:06	1010
1007	770	2:03:39	Mark Stimpson	Lancing Eagles RC	Male	755	M50	84	2:02:13	1017
1008	1103	2:03:40	Adrian Galvin		Male	756	M50	85	2:02:20	1021
1009	2043	2:03:40	Natalie Sexton		Female	253	FO	146	2:01:43	995
1010	1180	2:03:40	Chris Woodcock	Lowestoft Road Runners	Male	757	MO	399	2:02:31	1026
1011	1104	2:03:41	Abby Galvin		Female	254	FO	147	2:02:22	1023
1012	1903	2:03:41	Ian Jarvis		Male	758	M50	86	2:01:54	1003
1013	1622	2:03:43	Martin Godfrey		Male	759	M40	109	2:01:35	990
1014	227	2:03:44	Chris Mullender		Male	760	M45	102	2:01:52	1001
1015	1076	2:03:53	Chloe Simper		Female	255	FO	148	2:02:54	1031
1016	2432	2:03:54	Tim Youell		Male	761	MO	400	2:02:07	1012
1017	2431	2:03:54	Lucy Burr		Female	256	FO	149	2:02:08	1013
1018	1248	2:03:59	Mark Duckett		Male	762	M50	87	2:02:06	1009
1019	1598	2:04:00	Jennifer Austin		Female	257	FO	150	2:02:03	1006
1020	1131	2:04:02	Edd Almond	Rodillian Runners	Male	763	MO	401	2:02:06	1011
1021	1977	2:04:02	Craig Neep		Male	764	MO	402	2:02:18	1020
1022	873	2:04:05	Ben Riches		Male	765	MO	403	2:02:16	1019
1023	721	2:04:07	Hayley Preston		Female	258	F45	29	2:02:51	1030
1024	298	2:04:13	Dan Beasy		Male	766	MO	404	2:02:31	1027
1025	1223	2:04:14	Charlotte Freeman		Female	259	FO	151	2:02:05	1007
1026	895	2:04:14	Matt Cross		Male	767	MO	405	2:02:12	1015
1027	264	2:04:18	Darin Geary	Norwich Road Runners	Male	768	M45	103	2:01:51	1000
1028	1497	2:04:22	Steven McGillivray		Male	769	MO	406	2:01:50	999
1029	1951	2:04:22	Stuart Higgins		Male	770	MO	407	2:02:50	1029
1030	1952	2:04:22	Lisa Farrington	Beccles and Bungay Harriers	Female	260	FO	152	2:02:50	1028
1031	1747	2:04:29	Sharon Chatfield	Lowestoft Road Runners	Female	261	FO	153	2:02:09	1014
1032	781	2:04:41	Jeremy Lee		Male	771	M50	88	2:04:18	1073
1033	1207	2:04:42	Spencer Hill		Male	772	M45	104	2:03:41	1050
1034	1426	2:04:45	Paul Gooch		Male	773	M50	89	2:02:29	1024
1035	680	2:04:45	Lee Terrington		Male	774	MO	408	2:03:59	1060
1036	1940	2:04:52	Jacqueline Gilchrist		Female	262	F50	17	2:03:06	1034
1037	1922	2:04:54	Leoni Harvey	Great Bentley RC	Female	263	FO	154	2:03:27	1038
1038	1740	2:04:56	Hannah Chapman		Female	264	FO	155	2:03:29	1041
1039	1169	2:04:57	Kathryn Head	North Norfolk Beach Runners	Female	265	FO	156	2:03:29	1040
1040	2523	2:04:57	Suzanne Ives	Norwich Road Runners	Female	266	FO	157	2:04:19	1074
1041	1059	2:05:00	Denise Sheppard		Female	267	F40	51	2:03:26	1037
1042	934	2:05:02	Phillip Bazley		Male	775	M40	110	2:02:58	1032
1043	1665	2:05:04	Jane Middleton	Great Yarmouth Road Runners	Female	268	F50	18	2:03:33	1043
1044	1839	2:05:04	Kelly Shaw		Female	269	FO	158	2:03:33	1042
1045	173	2:05:04	Rob Colman		Male	776	M45	105	2:03:49	1056
1046	1294	2:05:05	Jodie Colman		Female	270	FO	159	2:03:50	1057
1047	2021	2:05:12	Vanessa Elvin		Female	271	F50	19	2:03:41	1051
1048	1166	2:05:14	Lister-Jane Parker-Flatt		Female	272	F45	30	2:04:08	1064
1049	618	2:05:15	Philippa Coles		Female	273	FO	160	2:03:45	1054
1050	1218	2:05:15	Joanna Thomas		Female	274	FO	161	2:03:45	1053



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1051	687	2:05:16	Dave Abbs		Male	777	MO	409	2:03:36	1045
1052	659	2:05:23	Craig Pickford		Male	778	M50	90	2:03:37	1047
1053	1544	2:05:23	Leah Lewis		Female	275	FO	162	2:04:12	1067
1054	2055	2:05:24	Mason Garrity		Male	779	MO	410	2:04:03	1062
1055	1580	2:05:28	Hayley Wright	Runners-next-the-Sea	Female	276	F40	52	2:03:26	1036
1056	1954	2:05:29	Robert Alves		Male	780	MO	411	2:03:21	1035
1057	1597	2:05:33	Katie Egle		Female	277	FO	163	2:04:03	1063
1058	1739	2:05:34	Jessie Hall		Female	278	FO	164	2:04:16	1070
1059	1066	2:05:37	Dan Osborne		Male	781	M40	111	2:04:31	1077
1060	1594	2:05:37	Jez Howard		Male	782	M45	106	2:03:34	1044
1061	803	2:05:43	Nicola Weldon	Wymondham AC	Female	279	F45	31	2:04:54	1086
1062	1267	2:05:44	Kelly Ives		Female	280	FO	165	2:03:37	1048
1063	1615	2:05:45	Sophia Smith		Female	281	FO	166	2:04:13	1069
1064	2404	2:05:46	Anton Wimmer		Male	783	M45	107	2:04:49	1084
1065	668	2:05:48	Anna Terrington		Female	282	FO	167	2:03:56	1058
1066	2235	2:05:50	Oliver Rowland		Male	784	MO	412	2:03:29	1039
1067	1366	2:05:51	Phoebe Rees		Female	283	FO	168	2:03:45	1052
1068	1185	2:05:56	Francesco Elia		Male	785	M50	91	2:04:42	1080
1069	1704	2:05:56	Kayleigh Bacon		Female	284	FO	169	2:04:30	1076
1070	1274	2:06:00	Megan Cook		Female	285	FO	170	2:04:36	1079
1071	2225	2:06:01	Stuart Warriner		Male	786	MO	413	2:04:32	1078
1072	1101	2:06:03	Benjamin Robinson		Male	787	MO	414	2:03:48	1055
1073	1670	2:06:05	Hedley Harnett		Male	788	M50	92	2:03:38	1049
1074	2351	2:06:09	Will Riley		Male	789	MO	415	2:04:20	1075
1075	1741	2:06:10	Gary Wells		Male	790	M55	50	2:03:36	1046
1076	2028	2:06:11	Anupa Randula Karunajeewa		Male	791	MO	416	2:05:14	1094
1077	626	2:06:13	Matthew Driver		Male	792	MO	417	2:04:09	1065
1078	1691	2:06:14	Helen Brockington		Female	286	F40	53	2:05:17	1096
1079	1258	2:06:16	Rachel Stevens		Female	287	FO	171	2:04:16	1072
1080	2335	2:06:19	Georgina Parfitt		Female	288	FO	172	2:04:53	1085
1081	2029	2:06:23	Abigail Coomes		Female	289	FO	173	2:05:25	1100
1082	1475	2:06:23	Annabelle Burt		Female	290	FO	174	2:03:57	1059
1083	2519	2:06:30	Thomas Rose		Male	793	MO	418	2:04:00	1061
1084	1945	2:06:35	Samantha Adams		Female	291	F40	54	2:04:13	1068
1085	2454	2:06:36	Lee Taylor	Haverhill RC	Male	794	M45	108	2:05:19	1097
1086	1603	2:06:37	Kyle Robinson		Male	795	MO	419	2:05:15	1095
1087	1123	2:06:41	Joel Broad		Male	796	MO	420	2:04:48	1083
1088	1602	2:06:46	Simon Weller		Male	797	M50	93	2:04:16	1071
1089	1726	2:06:46	Amanda Small		Female	292	F40	55	2:05:13	1093
1090	2394	2:06:47	Michael Small		Male	798	MO	421	2:05:12	1092
1091	2117	2:06:51	Natalie Hill		Female	293	FO	175	2:05:51	1110
1092	1695	2:06:53	Allan Mitchell		Male	799	M50	94	2:04:12	1066
1093	1755	2:06:55	Martin Davila-Smith		Male	800	M45	109	2:04:45	1081
1094	1312	2:06:56	Paul Akum		Male	801	M40	112	2:05:37	1106
1095	1188	2:06:56	Shaun Knights		Male	802	MO	422	2:05:52	1111
1096	1116	2:06:57	Rachel Welch	North Norfolk Beach Runners	Female	294	F40	56	2:05:58	1115
1097	1302	2:06:57	Richard Petrie		Male	803	M45	110	2:05:58	1114
1098	665	2:07:12	Anna Stevenson		Female	295	F45	32	2:05:07	1089
1099	666	2:07:12	Hugo Stevenson		Male	804	M40	113	2:05:08	1090
1100	1792	2:07:19	David Newton		Male	805	M45	111	2:04:47	1082
1101	1727	2:07:20	Liz Browne	Norwich Road Runners	Female	296	FO	176	2:05:44	1108
1102	2217	2:07:26	Jon Goult		Male	806	M45	112	2:05:10	1091
1103	1629	2:07:29	Aimee Long		Female	297	F40	57	2:06:41	1132
1104	636	2:07:32	Lucie Gillett		Female	298	FO	177	2:05:47	1109
1105	1086	2:07:34	Tony Wood		Male	807	M55	51	2:06:57	1140
1106	2405	2:07:35	Annalise Abraham		Female	299	F45	33	2:06:14	1123
1107	2084	2:07:37	Craig Steven		Male	808	MO	423	2:05:04	1087
1108	1547	2:07:37	Nicola Green	Norwich Road Runners	Female	300	FO	178	2:05:07	1088
1109	2424	2:07:42	William Allinson		Male	809	MO	424	2:05:35	1102
1110	476	2:07:45	Francis Gladwin		Male	810	MO	425	2:06:12	1118
1111	1276	2:07:47	Blake Green		Male	811	MO	426	2:06:39	1130
1112	1277	2:07:47	Gavin Green		Male	812	MO	427	2:06:40	1131
1113	1414	2:07:48	Sonya Powley		Female	301	F50	20	2:06:07	1117
1114	998	2:07:48	Kelly Towell		Female	302	FO	179	2:05:24	1099
1115	1119	2:07:51	Sebastian Dulake		Male	813	MO	428	2:06:37	1129
1116	1292	2:07:51	John Pennington		Male	814	M60	13	2:05:36	1105
1117	1419	2:07:52	Justin Harris		Male	815	M45	113	2:06:06	1116
1118	408	2:07:52	Elliot Phillips		Male	816	MO	429	2:06:57	1139
1119	1278	2:07:54	Efren Bendanillo		Male	817	M50	95	2:06:58	1141
1120	2450	2:07:54	Marcus Kilpatrick		Male	818	M40	114	2:05:55	1113
1121	1014	2:07:54	Stephen Barker		Male	819	M50	96	2:05:37	1107
1122	2075	2:07:57	Sharon Doake		Female	303	FO	180	2:05:35	1103
1123	1467	2:07:59	Alun Bradshaw		Male	820	M45	114	2:05:22	1098
1124	1612	2:08:01	Charlotte Bird		Female	304	FO	181	2:06:14	1122
1125	2283	2:08:06	Rachael Pettett		Female	305	F40	58	2:05:36	1104



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1126	1036	2:08:07	Vic French		Female	306	F45	34	2:06:19	1124
1127	2227	2:08:08	Melissa Goodall		Female	307	FO	182	2:06:13	1120
1128	1584	2:08:11	Aoife McDonald	Vegan Runners	Female	308	FO	183	2:06:28	1126
1129	886	2:08:12	Tony Gentry	North Norfolk Beach Runners	Male	821	M45	115	2:06:34	1128
1130	2080	2:08:14	Lisa Hodges		Female	309	F45	35	2:05:53	1112
1131	845	2:08:16	Alexander Goldsmith	Lowestoft Road Runners	Male	822	MO	430	2:05:31	1101
1132	776	2:08:17	Grahame Bartlett		Male	823	MO	431	2:07:21	1149
1133	1410	2:08:19	Mark Winterburn		Male	824	M55	52	2:07:00	1143
1134	1543	2:08:23	Jane Stockings		Female	310	F45	36	2:06:13	1119
1135	414	2:08:29	Philippa Rudd	Norwich Road Runners	Female	311	F55	7	2:08:01	1162
1136	1069	2:08:30	Mark Anderson		Male	825	M55	53	2:06:27	1125
1137	2384	2:08:32	Benny Cheung		Male	826	M45	116	2:06:53	1137
1138	878	2:08:33	Ian Graveling		Male	827	M45	117	2:07:08	1146
1139	35	2:08:34	Adrian Rutterford	City of Norwich AC	Male	828	M55	54	2:07:47	1154
1140	1668	2:08:42	Kevin Smith	North Norfolk Beach Runners	Male	829	M50	97	2:06:33	1127
1141	2534	2:08:44	Lauren Cook		Female	312	FO	184	2:07:51	1156
1142	782	2:08:46	Hattie Bracey		Female	313	FO	185	2:06:50	1134
1143	1444	2:08:53	Aidan Bull		Male	830	MO	432	2:06:13	1121
1144	1730	2:09:06	Craig Osben		Male	831	MO	433	2:06:43	1133
1145	1744	2:09:13	Hannah Douglas		Female	314	FO	186	2:06:50	1135
1146	1760	2:09:14	Holly Hathaway		Female	315	FO	187	2:06:54	1138
1147	1052	2:09:16	Jonathan Shackshaft		Male	832	MO	434	2:07:18	1148
1148	2295	2:09:16	Anne Thaxter		Female	316	F45	37	2:07:16	1147
1149	1600	2:09:23	Georgia Cleveland		Female	317	FO	188	2:07:53	1158
1150	1221	2:09:26	Tracy Stevens	Wymondham AC	Female	318	F45	38	2:08:33	1169
1151	1703	2:09:29	Becky Palmer	Lowestoft Road Runners	Female	319	FO	189	2:07:53	1157
1152	991	2:09:30	Hannah Grinham		Female	320	FO	190	2:06:51	1136
1153	1706	2:09:31	Suzu Grant	Lowestoft Road Runners	Female	321	F45	39	2:07:57	1160
1154	1686	2:09:31	Julia Allum		Female	322	F40	59	2:07:07	1145
1155	1538	2:09:32	Sophie Saunders	North Norfolk Beach Runners	Female	323	FO	191	2:07:55	1159
1156	1551	2:09:34	Zoe Cattermole		Female	324	F45	40	2:08:36	1170
1157	536	2:09:41	Oscar Ross-Jolly		Male	833	MO	435	2:08:36	1171
1158	1463	2:09:41	Olivia Bush		Female	325	FO	192	2:08:37	1173
1159	1462	2:09:41	Glenn Bush		Male	834	M50	98	2:08:37	1172
1160	1777	2:09:42	Marion Bensley	Coltishall Jaguars RC	Female	326	F40	60	2:07:36	1151
1161	1648	2:09:43	Mark Easton		Male	835	MO	436	2:07:27	1150
1162	2284	2:09:43	Jennifer Nash		Female	327	FO	193	2:06:59	1142
1163	272	2:09:44	Freya Reid Edwards		Female	328	FO	194	2:07:48	1155
1164	729	2:09:45	Ben Morgan		Male	836	MO	437	2:07:01	1144
1165	1774	2:09:52	Simon Lonsdale		Male	837	M50	99	2:07:40	1152
1166	793	2:09:59	Ian Bowers		Male	838	M50	100	2:08:02	1163
1167	1459	2:10:04	Alice Nickels		Female	329	FO	195	2:08:06	1164
1168	1992	2:10:09	Rosie Tarleton	Goodgym Race Team	Female	330	FO	196	2:07:59	1161
1169	2144	2:10:15	Kate McIntosh		Female	331	FO	197	2:08:48	1177
1170	961	2:10:20	Philip Bartram		Male	839	M45	118	2:07:43	1153
1171	1517	2:10:22	Joe Cruse		Male	840	M40	115	2:08:07	1165
1172	867	2:10:23	Natasha Sumner	North Norfolk Beach Runners	Female	332	F40	61	2:08:41	1174
1173	889	2:10:25	Emma Harrington-Frost		Female	333	F40	62	2:08:09	1166
1174	1549	2:10:29	Suzanne Hurn		Female	334	FO	198	2:08:54	1179
1175	841	2:10:36	David Thornhill		Male	841	M40	116	2:09:52	1199
1176	745	2:10:36	Rosie Smith	Steel City Striders RC	Female	335	FO	199	2:09:37	1189
1177	1973	2:10:40	Sally Hutton		Female	336	FO	200	2:08:29	1168
1178	1139	2:10:46	Michelle Leach	Great Yarmouth Road Runners	Female	337	FO	201	2:09:24	1185
1179	1767	2:10:46	Claire Beckett		Female	338	F45	41	2:09:51	1198
1180	1439	2:10:54	Jane Aldous		Female	339	FO	202	2:08:44	1175
1181	2168	2:10:54	Sarah Dugdell		Female	340	F45	42	2:08:45	1176
1182	994	2:10:55	Clare Bradbury	Wymondham AC	Female	341	F40	63	2:09:38	1190
1183	814	2:10:59	Damian Steward		Male	842	M45	119	2:08:22	1167
1184	1785	2:10:59	David Bownes	Steel City Striders RC	Male	843	M60	14	2:09:39	1191
1185	2114	2:11:02	Charlotte Nash		Female	342	F40	64	2:10:50	1227
1186	2023	2:11:06	Tim Moll		Male	844	M45	120	2:09:18	1184
1187	1341	2:11:12	Darrel Desmomd		Male	845	MO	438	2:09:53	1201
1188	1851	2:11:16	Michael Ager		Male	846	M45	121	2:09:50	1197
1189	1613	2:11:23	Margaret McCartney		Female	343	F55	8	2:09:06	1182
1190	885	2:11:25	Mike Roberts	Plymouth Harriers	Male	847	M65	4	2:10:55	1229
1191	2385	2:11:27	Annie Giles		Female	344	FO	203	2:08:52	1178
1192	1539	2:11:33	Graham Botcher		Male	848	M40	117	2:08:59	1180
1193	710	2:11:34	Richard Lennox		Male	849	MO	439	2:09:42	1194
1194	366	2:11:37	Kevin Blackburn		Male	850	MO	440	2:09:46	1196
1195	1782	2:11:41	Toby Moss		Male	851	MO	441	2:09:52	1200
1196	1796	2:11:43	Liam Davison	Norwich Road Runners	Male	852	MO	442	2:09:31	1186
1197	652	2:11:50	James MacNamara		Male	853	MO	443	2:09:01	1181
1198	1998	2:11:50	Nicola Rumsby	North Norfolk Beach Runners	Female	345	F40	65	2:09:41	1192
1199	1997	2:11:51	Derek Sadler	North Norfolk Beach Runners	Male	854	M65	5	2:09:42	1193
1200	682	2:12:00	Ben Warrent		Male	855	MO	444	2:10:30	1215





Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1201	1015	2:12:01	Graham Whitham		Male	856	M60	15	2:09:33	1188
1202	2097	2:12:01	Lizzy Guy		Female	346	FO	204	2:09:15	1183
1203	2034	2:12:03	Debbie Foster	Waveney Valley AC	Female	347	F40	66	2:11:11	1233
1204	2535	2:12:08	Amber Tsoi		Female	348	FO	205	2:09:31	1187
1205	1210	2:12:09	Andrew Scottow		Male	857	MO	445	2:11:16	1238
1206	683	2:12:13	Sarah Pearson		Female	349	F40	67	2:10:41	1223
1207	1400	2:12:15	Nigel Bullen	Norfolk Gazelles RC	Male	858	M65	6	2:10:48	1226
1208	2092	2:12:23	Laura Baxter-Wilson		Female	350	FO	206	2:09:54	1202
1209	2382	2:12:26	Martin Shelley		Male	859	M45	122	2:10:14	1209
1210	1713	2:12:26	Josh Pilbrow		Male	860	MO	446	2:10:41	1222
1211	952	2:12:28	Kim Lumbis		Female	351	FO	207	2:10:37	1220
1212	1712	2:12:29	Phil Webb		Male	861	MO	447	2:10:03	1205
1213	1511	2:12:29	Bob Fossey	Norwich Road Runners	Male	862	M60	16	2:10:21	1212
1214	1766	2:12:32	Darren Rees		Male	863	M45	123	2:09:44	1195
1215	2263	2:12:34	Gareth Lloyd		Male	864	M40	118	2:10:27	1214
1216	1919	2:12:36	Anna Wickham		Female	352	F40	68	2:11:44	1246
1217	2439	2:12:36	Chris Ketley		Male	865	M40	119	2:10:42	1224
1218	2423	2:12:37	Marie Doughty		Female	353	F45	43	2:10:33	1219
1219	1481	2:12:38	Alan Bartrum		Male	866	M40	120	2:10:12	1206
1220	1642	2:12:39	Clare Gooch	Norwich Road Runners	Female	354	F40	69	2:10:24	1213
1221	2449	2:12:39	Catherine Gould		Female	355	F40	70	2:10:13	1207
1222	898	2:12:42	Mark Duckworth		Male	867	M45	124	2:11:42	1245
1223	1238	2:12:42	Tamlin Hegarty		Female	356	F40	71	2:10:16	1210
1224	1775	2:12:42	Andrew Connors		Male	868	MO	448	2:10:30	1216
1225	2198	2:12:45	Caroline Brown		Female	357	F50	21	2:09:59	1203
1226	1447	2:12:45	Anthony Williams		Male	869	MO	449	2:11:56	1251
1227	1322	2:12:46	Kate Moore	Norwich Road Runners	Female	358	F40	72	2:10:32	1218
1228	1081	2:12:47	Paul Cant	Olney Runners AC	Male	870	M60	17	2:10:20	1211
1229	2286	2:12:48	Steve Warne		Male	871	M45	125	2:10:39	1221
1230	1522	2:12:49	Danny Burton		Male	872	MO	450	2:10:51	1228
1231	1035	2:12:51	Ross Keough		Male	873	M45	126	2:11:03	1230
1232	621	2:12:51	Sam Curson		Male	874	MO	451	2:10:00	1204
1233	2242	2:12:52	Alexandra Holdich		Female	359	FO	208	2:10:14	1208
1234	840	2:12:54	Joe Forshaw		Male	875	MO	452	2:11:10	1232
1235	1680	2:13:00	Thomas Wade		Male	876	MO	453	2:12:27	1273
1236	1970	2:13:04	Hattie Whiteside	University of East Anglia AC	Female	360	FO	209	2:10:31	1217
1237	1279	2:13:05	Matthew Conway		Male	877	MO	454	2:11:37	1241
1238	1969	2:13:06	David Howell		Male	878	M45	127	2:10:42	1225
1239	2491	2:13:06	Christopher Porter		Male	879	MO	455	2:12:01	1256
1240	1878	2:13:07	Jodie Cole		Female	361	FO	210	2:11:05	1231
1241	1521	2:13:09	Karl Walpole		Male	880	MO	456	2:11:12	1235
1242	2517	2:13:16	Kelvin Chilleystone		Male	881	MO	457	2:11:28	1239
1243	2280	2:13:16	Bridie Verity Davies		Female	362	FO	211	2:11:15	1237
1244	1790	2:13:18	Charlotte Mears	Reepham Runners	Female	363	FO	212	2:11:58	1253
1245	722	2:13:25	Kyle Seeber		Male	882	MO	458	2:11:11	1234
1246	2464	2:13:26	Robert Quinlan		Male	883	M45	128	2:11:58	1254
1247	1534	2:13:30	Jevan Harrod		Male	884	MO	459	2:11:47	1247
1248	794	2:13:33	Joseph Royal		Male	885	MO	460	2:12:31	1274
1249	936	2:13:37	Roy Emmerson		Male	886	M40	121	2:12:34	1275
1250	1748	2:13:37	Keith Burnett		Male	887	M50	101	2:12:46	1278
1251	1980	2:13:48	Jennifer Desborough		Female	364	FO	213	2:11:53	1248
1252	2447	2:13:48	Zhenwei Zhang		Male	888	MO	461	2:12:14	1266
1253	1525	2:13:51	Keith Williams		Male	889	M50	102	2:12:10	1263
1254	2081	2:13:51	Mark Lansdale		Male	890	MO	462	2:11:40	1243
1255	2468	2:13:53	Peter Hardiman		Male	891	MO	463	2:12:03	1258
1256	2469	2:13:53	Jennifer Blake		Female	365	F40	73	2:12:03	1259
1257	2499	2:13:54	Donna Lorne		Female	366	F40	74	2:11:33	1240
1258	1936	2:13:54	Andrew English		Male	892	M55	55	2:11:13	1236
1259	844	2:13:56	Simon Griffiths		Male	893	MO	464	2:12:21	1270
1260	2165	2:13:58	Amanda Hodson		Female	367	F45	44	2:12:17	1268
1261	2175	2:13:58	Rebecca Bilham		Female	368	FO	214	2:12:13	1264
1262	2176	2:13:59	Paul Bilham		Male	894	M45	129	2:12:15	1267
1263	1699	2:13:59	Lloyd Howard		Male	895	MO	465	2:11:57	1252
1264	2316	2:14:00	Hollie Bilham		Female	369	FO	215	2:12:14	1265
1265	2078	2:14:03	Calum Simpson		Male	896	MO	466	2:11:41	1244
1266	1746	2:14:03	Liam Mullen	Lowestoft Road Runners	Male	897	MO	467	2:11:39	1242
1267	1955	2:14:05	Jenny Wangui		Female	370	FO	216	2:12:01	1257
1268	1967	2:14:13	Analdina Barbosa		Female	371	F40	75	2:11:54	1249
1269	1535	2:14:20	Fiona Munn		Female	372	F40	76	2:11:59	1255
1270	860	2:14:27	Louie Auckland		Male	898	MO	468	2:12:47	1280
1271	1526	2:14:27	Charlotte Auckland		Female	373	FO	217	2:12:47	1279
1272	685	2:14:29	Thomas Carter		Male	899	MO	469	2:13:41	1304
1273	1638	2:14:32	Martin Kay		Male	900	M50	103	2:11:55	1250
1274	1979	2:14:33	Elizabeth Fox		Female	374	FO	218	2:12:21	1269
1275	1398	2:14:34	Mark Riseborough	Runners-next-the-Sea	Male	901	M40	122	2:12:22	1271



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1276	2389	2:14:37	Alice Sizeland		Female	375	FO	219	2:12:41	1277
1277	1174	2:14:37	Darren Crichton		Male	902	M40	123	2:12:57	1283
1278	1711	2:14:39	Chris Jackson		Male	903	MO	470	2:12:03	1260
1279	1656	2:14:39	Jan Totterdale	Dereham Runners AC	Female	376	F55	9	2:12:53	1282
1280	2467	2:14:43	Joe Evans		Male	904	MO	471	2:13:11	1287
1281	1269	2:14:43	Gina Steggall		Female	377	FO	220	2:13:10	1286
1282	5	2:14:46	John Lambert		Male	905	M55	56	2:12:08	1261
1283	1587	2:14:47	Amanda Haslam		Female	378	F40	77	2:13:04	1284
1284	1947	2:14:59	Rosey Halvey		Female	379	F40	78	2:13:21	1291
1285	1946	2:14:59	Hayley Smith		Female	380	F45	45	2:13:22	1293
1286	2403	2:14:59	Claire Hogston		Female	381	F40	79	2:12:09	1262
1287	1458	2:15:05	Amy Walker-Hall		Female	382	FO	221	2:12:25	1272
1288	2072	2:15:05	Leanne Eldershaw		Female	383	FO	222	2:13:26	1295
1289	10	2:15:05	Michael Johnson	Norwich Road Runners	Male	906	M45	130	2:13:26	1296
1290	257	2:15:06	Scott Bruce	Lowestoft Road Runners	Male	907	MO	472	2:14:44	1323
1291	1679	2:15:06	Kirsty Howe	Waveney Valley AC	Female	384	FO	223	2:14:45	1324
1292	2039	2:15:11	Nita Jackman		Female	385	F45	46	2:13:11	1288
1293	1516	2:15:14	Michelle Holland	Sudbury Joggers	Female	386	FO	224	2:13:21	1290
1294	1545	2:15:14	Claire Fradley	Sudbury Joggers	Female	387	FO	225	2:13:21	1289
1295	1891	2:15:15	Anna Kolczynska		Female	388	FO	226	2:13:28	1300
1296	2119	2:15:16	Annie Warman		Female	389	FO	227	2:12:40	1276
1297	1016	2:15:20	Peter Wapshott		Male	908	M65	7	2:12:51	1281
1298	2045	2:15:22	Gill Hak		Female	390	F55	10	2:13:28	1299
1299	1758	2:15:27	Alexandra Ratcliffe		Female	391	FO	228	2:13:21	1292
1300	1576	2:15:27	David Price	Bracknell Forest Runners	Male	909	M50	104	2:13:09	1285
1301	2380	2:15:41	Katie Franks		Female	392	FO	229	2:13:27	1298
1302	1669	2:15:45	Helena Temple-Reddish		Female	393	FO	230	2:13:37	1303
1303	2367	2:15:46	Lucy Arora		Female	394	FO	231	2:14:47	1326
1304	1595	2:15:53	Caroline Stacey	North Norfolk Beach Runners	Female	395	F40	80	2:13:45	1305
1305	1589	2:15:55	Eve Foster		Female	396	FO	232	2:13:34	1302
1306	1752	2:15:58	Kevin Brown		Male	910	M40	124	2:14:16	1309
1307	1861	2:16:06	Kimberly Boughton		Female	397	FO	233	2:15:18	1336
1308	2490	2:16:09	Ellie Lake		Female	398	FO	234	2:13:32	1301
1309	1673	2:16:11	Shane Boyle		Male	911	MO	473	2:13:24	1294
1310	1017	2:16:11	Chris Kett		Male	912	MO	474	2:14:56	1329
1311	1127	2:16:12	Zaneta Cegielska		Female	399	FO	235	2:15:46	1342
1312	1446	2:16:12	Christine Thorne	North Norfolk Beach Runners	Female	400	F65	2	2:14:27	1314
1313	1676	2:16:13	Ben Grice		Male	913	MO	475	2:13:26	1297
1314	1562	2:16:19	Sarah Hemingway		Female	401	FO	236	2:15:01	1332
1315	2089	2:16:29	Dandelion Snowley		Female	402	F40	81	2:14:23	1312
1316	951	2:16:30	Ivor McNaugher		Male	914	M50	105	2:16:06	1351
1317	2094	2:16:32	Lisa Jones		Female	403	FO	237	2:14:33	1316
1318	1961	2:16:36	Chris Kinlock		Male	915	MO	476	2:14:08	1306
1319	2364	2:16:39	Joann Birkhead		Female	404	F45	47	2:14:50	1327
1320	1381	2:16:40	Kate Wakefield		Female	405	FO	238	2:14:11	1307
1321	1394	2:16:43	Richard Allsworth		Male	916	M40	125	2:14:15	1308
1322	1251	2:16:44	Ruth Tolbart		Female	406	F45	48	2:14:23	1311
1323	2085	2:16:44	Amy Worley	North Norfolk Beach Runners	Female	407	FO	239	2:14:22	1310
1324	255	2:16:45	Zsuzsanna Toth		Female	408	FO	240	2:14:37	1318
1325	771	2:16:47	Beth Jones		Female	409	FO	241	2:14:30	1315
1326	1765	2:16:48	Lisa Warner		Female	410	FO	242	2:14:41	1321
1327	2238	2:16:51	Nicola McGee	Great Yarmouth Road Runners	Female	411	F45	49	2:15:27	1338
1328	259	2:16:55	Edward Smith		Male	917	MO	477	2:16:04	1350
1329	1470	2:16:57	Louise MacKley		Female	412	F50	22	2:14:33	1317
1330	2031	2:16:57	Hannah Moss		Female	413	FO	243	2:14:27	1313
1331	2108	2:17:00	Carol Riley		Female	414	F40	82	2:14:52	1328
1332	1724	2:17:04	Jeremiah Otieno Oluoch		Male	918	MO	478	2:14:41	1320
1333	2042	2:17:11	Lisa Guthrie		Female	415	FO	244	2:14:37	1319
1334	1896	2:17:11	Charlie Wallis		Male	919	MO	479	2:15:03	1333
1335	1966	2:17:14	Nicola Peck		Female	416	F50	23	2:14:46	1325
1336	2196	2:17:14	Justine Wiseman	Saxmundham Sports & Fitness Running Club	Female	417	F45	50	2:14:56	1330
1337	684	2:17:21	Suzannah Jex		Female	418	F40	83	2:15:48	1343
1338	1784	2:17:21	Emma Culley	North Norfolk Beach Runners	Female	419	F45	51	2:15:13	1334
1339	1557	2:17:25	Aravind Shastri		Male	920	M45	131	2:15:49	1344
1340	2095	2:17:29	Claire Robson		Female	420	F45	52	2:14:42	1322
1341	1753	2:17:33	Mandy Jordan	Saxmundham Sports & Fitness Running Club	Female	421	F45	53	2:15:14	1335
1342	2453	2:17:38	Tim Cheesman		Male	921	MO	480	2:14:57	1331
1343	1231	2:17:43	Anthony Preece		Male	922	M50	106	2:17:09	1375
1344	1929	2:17:43	Claire Williamson		Female	422	F40	84	2:15:30	1339
1345	2477	2:17:51	Rochine Symonds	Great Yarmouth Road Runners	Female	423	F50	24	2:16:27	1359
1346	1798	2:17:57	Georgie Sheward	Thetford AC	Female	424	FO	245	2:15:38	1340
1347	1588	2:18:05	Laura Waters		Female	425	F40	85	2:15:21	1337
1348	823	2:18:11	Piers Pegrum		Male	923	MO	481	2:16:49	1365
1349	1658	2:18:18	Ian Chisholm		Male	924	M40	126	2:15:55	1348
1350	726	2:18:23	Darren Matthewson	Coltishall Jaguars RC	Male	925	M45	132	2:17:15	1381



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1351	2006	2:18:23	Alex Wiseman		Male	926	MO	482	2:17:16	1382
1352	1644	2:18:25	Kate King		Female	426	F40	86	2:15:50	1345
1353	1768	2:18:25	Thomas Tsang		Male	927	M60	18	2:15:54	1347
1354	1800	2:18:26	Debbie Anthistle		Female	427	F60	7	2:15:46	1341
1355	1550	2:18:27	Jennie Kimbley		Female	428	F40	87	2:15:52	1346
1356	1453	2:18:31	Jacqueline Hughes		Female	429	F55	11	2:16:27	1358
1357	784	2:18:32	Vikki Waspe		Female	430	FO	246	2:16:29	1360
1358	786	2:18:32	Jennifer Meyer		Female	431	FO	247	2:16:29	1361
1359	650	2:18:32	Joe Leah		Male	928	MO	483	2:16:33	1362
1360	1719	2:18:34	James Adams		Male	929	MO	484	2:16:26	1357
1361	2396	2:18:37	Stephen Poundall		Male	930	M45	133	2:17:11	1377
1362	281	2:18:37	Carl Beaney		Male	931	M45	134	2:18:07	1393
1363	1474	2:18:38	Sarah Jowett	Lincoln Wellington AC	Female	432	F40	88	2:17:07	1372
1364	1472	2:18:39	Jennifer Marr		Female	433	F40	89	2:17:07	1373
1365	772	2:18:39	Rachel Hirst		Female	434	F45	54	2:18:09	1394
1366	2123	2:18:42	Christine Beake		Female	435	F40	90	2:16:08	1352
1367	1889	2:18:42	Andrew Huggins		Male	932	M45	135	2:16:18	1355
1368	1708	2:18:44	Neil Richardson		Male	933	M55	57	2:17:49	1390
1369	1950	2:18:47	Paul Dale		Male	934	M40	127	2:16:49	1367
1370	1939	2:18:48	Jane Helgesen		Female	436	F50	25	2:16:09	1353
1371	2076	2:18:49	Claire Ellis		Female	437	FO	248	2:15:59	1349
1372	1505	2:18:50	Peter Harwood		Male	935	M45	136	2:16:35	1363
1373	1488	2:18:53	Ian Hollings	Lonely Goats RC	Male	936	M50	107	2:16:58	1370
1374	2007	2:18:55	Chloe Gooder		Female	438	FO	249	2:16:16	1354
1375	1548	2:18:55	Lucy Richardson	Norwich Road Runners	Female	439	FO	250	2:16:26	1356
1376	1660	2:19:06	Jessica Goode		Female	440	FO	251	2:17:04	1371
1377	1466	2:19:10	Nikki Stebbing		Female	441	F40	91	2:16:50	1369
1378	1897	2:19:10	Dawn Tibbles		Female	442	F50	26	2:16:49	1368
1379	2441	2:19:11	Alec Harper		Male	937	MO	485	2:17:08	1374
1380	2069	2:19:13	Sadie Woods		Female	443	FO	252	2:19:13	1420
1381	2240	2:19:18	Tatenda Nyoni		Female	444	FO	253	2:17:13	1379
1382	2317	2:19:19	Laura Palmer		Female	445	F50	27	2:16:45	1364
1383	1591	2:19:23	Adam Banham		Male	938	MO	486	2:17:48	1389
1384	2132	2:19:25	Andrew Stratton	Wymondham AC	Male	939	M55	58	2:17:10	1376
1385	1632	2:19:26	Melanie Sinclair		Female	446	F40	92	2:17:21	1385
1386	1837	2:19:26	Matthew Sanders		Male	940	M50	108	2:16:49	1366
1387	2524	2:19:40	Sharon Chun Min Tai	Durham University Cross Country Club	Female	447	FO	254	2:18:55	1410
1388	1455	2:19:42	Lynn Greenfield		Female	448	F45	55	2:17:42	1388
1389	2514	2:19:47	Alison Hood		Female	449	F45	56	2:17:14	1380
1390	774	2:19:51	Sheila Smith		Female	450	F65	3	2:17:34	1386
1391	2124	2:19:51	Teresa Solomon		Female	451	F60	8	2:17:20	1384
1392	2103	2:19:52	Tracey Goodrum	Lonely Goats RC	Female	452	F50	28	2:17:20	1383
1393	2323	2:19:55	Tim Fennell		Male	941	M50	109	2:17:36	1387
1394	1906	2:19:58	Lynn Cook		Female	453	F50	29	2:17:12	1378
1395	1574	2:20:10	Kevin Goodings		Male	942	M50	110	2:18:10	1395
1396	1010	2:20:13	Nicola Potts		Female	454	FO	255	2:18:02	1392
1397	236	2:20:13	Donna Day		Female	455	FO	256	2:17:51	1391
1398	1647	2:20:29	Aidan Reeve		Male	943	MO	487	2:18:40	1403
1399	1646	2:20:29	Kirstin MacKenzie		Female	456	FO	257	2:18:40	1402
1400	2041	2:20:29	Alison Green	Wymondham AC	Female	457	F45	57	2:18:15	1396
1401	2549	2:20:31	Hayley Baker		Female	458	FO	258	2:19:58	1433
1402	2118	2:20:31	Teodora Stefanova		Female	459	FO	259	2:18:48	1405
1403	2104	2:20:36	Louise Forster		Female	460	FO	260	2:18:27	1398
1404	1942	2:20:39	Samantha Vassallo		Female	461	F45	58	2:18:26	1397
1405	2413	2:20:40	Kerry Smith	North Norfolk Beach Runners	Female	462	F45	59	2:18:33	1399
1406	977	2:20:54	Louise Duxbury		Female	463	FO	261	2:19:03	1412
1407	2173	2:20:55	Judith Hurren		Female	464	FO	262	2:18:37	1401
1408	2306	2:21:02	Emily Green		Female	465	FO	263	2:18:49	1406
1409	2203	2:21:06	Fiona Twinn		Female	466	F50	30	2:20:01	1437
1410	1541	2:21:10	Oliver Denison		Male	944	MO	488	2:19:10	1417
1411	2032	2:21:13	Hannah Wilson		Female	467	FO	264	2:18:55	1409
1412	1972	2:21:15	Frances Bowen	Tri-Anglia TC	Female	468	F45	60	2:18:54	1407
1413	1492	2:21:15	Annie Sturrock		Female	469	FO	265	2:18:40	1404
1414	2205	2:21:20	Annette Newton		Female	470	F40	93	2:19:19	1421
1415	1417	2:21:22	Sam Hart		Male	945	MO	489	2:19:06	1414
1416	1971	2:21:23	Louise Bourke		Female	471	F45	61	2:19:21	1422
1417	1960	2:21:25	Ant Bird		Male	946	M40	128	2:18:34	1400
1418	1572	2:21:25	Jennifer Bourne		Female	472	F50	31	2:19:22	1423
1419	2463	2:21:28	Pamela Warne		Female	473	F50	32	2:20:07	1439
1420	825	2:21:28	Andy Brown		Male	947	M50	111	2:20:07	1440
1421	1918	2:21:34	Joanne Bolton		Female	474	FO	266	2:20:41	1456
1422	1894	2:21:35	Karen Hunt		Female	475	F50	33	2:19:12	1419
1423	2011	2:21:35	Amy Buxton		Female	476	FO	267	2:18:55	1408
1424	2037	2:21:35	Georgia Hegarty		Female	477	F50	34	2:20:00	1434
1425	2036	2:21:36	Simon Burridge		Male	948	M55	59	2:20:00	1435



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1426	1608	2:21:42	Gemma Wilkinson		Female	478	FO	268	2:19:08	1415
1427	1996	2:21:42	Catherine Riley		Female	479	F45	62	2:19:09	1416
1428	1681	2:21:43	Daryl Hoy		Male	949	MO	490	2:19:48	1432
1429	2116	2:21:44	Richard Morris	Wymondham AC	Male	950	MO	491	2:19:29	1426
1430	1630	2:21:47	Caroline Butcher		Female	480	F60	9	2:19:35	1429
1431	1320	2:21:50	Jez Hull	OS Runners	Male	951	M55	60	2:19:05	1413
1432	1697	2:21:54	Samphire Reeve		Female	481	FO	269	2:19:23	1424
1433	2102	2:21:59	Jordan Carter		Male	952	MO	492	2:19:12	1418
1434	2159	2:21:59	Emily Youngs		Female	482	FO	270	2:19:03	1411
1435	2309	2:22:01	Amanda Codling		Female	483	F45	63	2:19:31	1428
1436	1743	2:22:01	Sarah George		Female	484	FO	271	2:19:28	1425
1437	2311	2:22:02	Scott Codling		Male	953	M45	137	2:19:31	1427
1438	1937	2:22:03	Rod Harmer		Male	954	M45	138	2:20:18	1442
1439	2137	2:22:07	Toni Collinge		Female	485	FO	272	2:19:41	1430
1440	1043	2:22:08	Harry King		Male	955	MO	493	2:20:57	1469
1441	1334	2:22:09	John Collinge		Male	956	MO	494	2:19:44	1431
1442	1042	2:22:11	Shona Barnsley Mitchell		Female	486	FO	273	2:20:59	1470
1443	1863	2:22:27	Sue Mawson		Female	487	F45	64	2:20:50	1461
1444	2527	2:22:33	Mary Podd		Female	488	FO	274	2:20:31	1445
1445	1504	2:22:34	Nicola Squires		Female	489	FO	275	2:20:00	1436
1446	2340	2:22:35	Tory Cobb		Female	490	FO	276	2:20:33	1448
1447	1659	2:22:35	Meg Watling		Female	491	FO	277	2:20:32	1446
1448	1098	2:22:35	Harriet Drewry		Female	492	FO	278	2:20:34	1451
1449	1099	2:22:35	Charlotte Cheshire		Female	493	FO	279	2:20:34	1452
1450	1506	2:22:37	Michael Barber		Male	957	MO	495	2:20:03	1438
1451	1769	2:22:43	Daniel Hodson		Male	958	MO	496	2:20:32	1447
1452	1770	2:22:43	Andrew Mitchell		Male	959	MO	497	2:20:33	1450
1453	1529	2:22:43	Harneesh Lall		Female	494	FO	280	2:20:14	1441
1454	2125	2:22:46	Robert Belcher	Norwich Road Runners	Male	960	M60	19	2:20:31	1444
1455	1411	2:22:49	Sarah Doyle		Female	495	F40	94	2:20:51	1466
1456	2002	2:22:49	Gary Funnell		Male	961	M50	112	2:20:51	1465
1457	2026	2:22:51	Anne-Louise Hall		Female	496	F55	12	2:22:10	1489
1458	2346	2:22:53	Yuen Yung Jessica Lau		Female	497	FO	281	2:20:33	1449
1459	1240	2:22:53	Ty McFarlane		Male	962	MO	498	2:20:35	1453
1460	2062	2:22:53	Tracey Cracknell		Female	498	F50	35	2:20:36	1455
1461	2388	2:23:03	Emily Bowyer		Female	499	FO	282	2:21:06	1473
1462	2376	2:23:07	Reece Garland		Male	963	MO	499	2:21:06	1472
1463	1409	2:23:09	Aliena Uppal		Female	500	F40	95	2:21:31	1476
1464	2277	2:23:16	Andrea Line		Female	501	F45	65	2:20:49	1460
1465	2515	2:23:16	Jo Margerson		Female	502	F45	66	2:20:48	1459
1466	2188	2:23:17	Erin Brown		Female	503	F40	96	2:20:45	1457
1467	2296	2:23:20	Calum Dyes		Male	964	MO	500	2:20:29	1443
1468	2121	2:23:21	Iain Massey		Male	965	MO	501	2:20:51	1464
1469	2247	2:23:21	Kirsty Burns		Female	504	FO	283	2:20:51	1463
1470	2107	2:23:22	John Kirkum		Male	966	M50	113	2:20:36	1454
1471	2059	2:23:29	Hannah Taylor		Female	505	FO	284	2:21:04	1471
1472	1685	2:23:31	Samantha Dickinson		Female	506	F45	67	2:20:50	1462
1473	1880	2:23:34	Gregory Gladwell		Male	967	M50	114	2:20:45	1458
1474	1876	2:23:35	Erica Wicks		Female	507	FO	285	2:20:52	1467
1475	2073	2:23:35	Amy Bailey		Female	508	FO	286	2:20:52	1468
1476	2290	2:23:37	Jennie Sage		Female	509	F40	97	2:21:26	1474
1477	2134	2:23:51	Bethany Balachandran		Female	510	FO	287	2:21:46	1483
1478	1882	2:23:55	Julia Jermany		Female	511	F45	68	2:22:27	1495
1479	1433	2:23:55	Philip Websdale	Dereham Runners AC	Male	968	M45	139	2:22:28	1496
1480	2436	2:23:57	Hetty Skate		Female	512	FO	288	2:23:14	1509
1481	575	2:23:58	Matthaus Thorpe		Male	969	MO	502	2:23:15	1510
1482	1558	2:23:59	Apple May Bustamante		Female	513	FO	289	2:21:29	1475
1483	2174	2:24:03	Deborah Vaughan		Female	514	F45	69	2:22:06	1488
1484	1649	2:24:05	Francesca Reynolds		Female	515	FO	290	2:21:35	1477
1485	2025	2:24:06	Martine Halls		Female	516	FO	291	2:21:36	1479
1486	2220	2:24:06	Alice Grant		Female	517	FO	292	2:21:59	1486
1487	1921	2:24:11	Joseph Moon		Male	970	MO	503	2:21:46	1484
1488	2099	2:24:12	Teresa Utting		Female	518	F50	36	2:22:15	1491
1489	1684	2:24:20	William South		Male	971	MO	504	2:21:36	1478
1490	2300	2:24:20	Alec Reeder		Male	972	MO	505	2:21:37	1481
1491	1943	2:24:20	David Jones		Male	973	MO	506	2:21:36	1480
1492	1944	2:24:20	Amelia King		Female	519	FO	293	2:21:37	1482
1493	1441	2:24:24	Kate Wood		Female	520	F50	37	2:22:26	1494
1494	2399	2:24:28	Joe Woodley	Norwich Road Runners	Male	974	M40	129	2:22:13	1490
1495	1664	2:24:37	Craig Hill		Male	975	M60	20	2:23:04	1505
1496	2063	2:24:37	Stuart Cox		Male	976	M40	130	2:22:00	1487
1497	1593	2:24:37	Michelle Gee		Female	521	FO	294	2:21:56	1485
1498	1163	2:24:39	Luke Marsh		Male	977	MO	507	2:22:17	1492
1499	1563	2:24:42	Kate Purling	1066 Triathletes	Female	522	FO	295	2:22:48	1502
1500	933	2:24:52	Mark Johns	Lonely Goats RC	Male	978	M50	115	2:23:28	1516





Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1501	2167	2:24:52	Tracie Reynolds	Lonely Goats RC	Female	523	F45	70	2:23:28	1515
1502	1994	2:25:03	Jack Luther		Male	979	MO	508	2:23:03	1503
1503	1993	2:25:05	Ellie Luther		Female	524	FO	296	2:23:05	1506
1504	2186	2:25:09	Charlie Day		Male	980	MO	509	2:24:57	1540
1505	1650	2:25:17	Alex Brown		Male	981	MO	510	2:22:23	1493
1506	519	2:25:18	Stephen Aspery		Male	982	MO	511	2:24:58	1542
1507	727	2:25:19	Martin Brittain		Male	983	M50	116	2:22:40	1497
1508	424	2:25:21	Kieran Gadsby-Davis		Male	984	MO	512	2:22:45	1499
1509	1643	2:25:22	Georgia Hyde		Female	525	FO	297	2:23:21	1513
1510	2215	2:25:24	Sophia Wilson		Female	526	FO	298	2:22:45	1500
1511	2375	2:25:24	Aston Martin	Norwich Road Runners	Male	985	MO	513	2:23:28	1517
1512	1401	2:25:27	Becca Baker		Female	527	FO	299	2:22:44	1498
1513	1461	2:25:28	Katie Swann		Female	528	FO	300	2:22:46	1501
1514	1934	2:25:30	Maxine Brown	Abbey Runners Leeds	Female	529	F55	13	2:23:50	1523
1515	1990	2:25:38	Miriam Smither		Female	530	F40	98	2:23:04	1504
1516	1412	2:25:42	Susan Bond		Female	531	F45	71	2:23:57	1527
1517	590	2:25:42	Steve Brown		Male	986	M60	21	2:23:57	1526
1518	906	2:25:43	Haf Davies		Female	532	FO	301	2:23:40	1521
1519	2112	2:25:43	Zach Lewis		Male	987	MO	514	2:23:40	1520
1520	1566	2:25:46	Richard Lodge		Male	988	MO	515	2:23:54	1524
1521	1565	2:25:47	Kate Lodge		Female	533	FO	302	2:23:56	1525
1522	2228	2:25:52	Jodie Minns		Female	534	F50	38	2:23:08	1507
1523	2229	2:25:52	Paul Minns		Male	989	M50	117	2:23:08	1508
1524	2329	2:25:53	Clare Peterson		Female	535	FO	303	2:23:35	1518
1525	2015	2:25:53	Amanda Beavis	Ely Runners	Female	536	FO	304	2:23:25	1514
1526	1361	2:25:56	Lesley Oliver		Female	537	F70	1	2:23:40	1519
1527	1855	2:25:59	Joanna Seaman		Female	538	F45	72	2:23:17	1512
1528	2288	2:26:09	Frankie Campling		Male	990	MO	516	2:23:16	1511
1529	1616	2:26:12	Kimberly Chininga		Female	539	FO	305	2:24:00	1528
1530	1601	2:26:16	Victoria Phillips	London Heathside Runners AC	Female	540	F55	14	2:23:46	1522
1531	2239	2:26:29	Catherine Tyms		Female	541	FO	306	2:24:23	1530
1532	1938	2:26:58	Sally Nicholson		Female	542	F40	99	2:25:12	1547
1533	1962	2:26:59	Catherine Kelly		Female	543	FO	307	2:24:24	1531
1534	2098	2:27:05	Kerry Duffy		Female	544	FO	308	2:24:29	1532
1535	2537	2:27:07	Benedict Turnbull		Male	991	MO	517	2:24:21	1529
1536	1372	2:27:09	Jeremy Sinclair		Male	992	M65	8	2:24:36	1535
1537	2224	2:27:18	Rhonda Taylor-Balls		Female	545	F50	39	2:24:47	1539
1538	1718	2:27:20	Sarah Marshall-Nichols		Female	546	F40	100	2:24:57	1541
1539	2391	2:27:21	Ben Loynes		Male	993	MO	518	2:24:33	1534
1540	1283	2:27:21	Clemency Collins		Female	547	FO	309	2:24:33	1533
1541	1284	2:27:26	Lindsay Mack		Female	548	FO	310	2:24:38	1536
1542	2451	2:27:26	Jon Desborough		Male	994	MO	519	2:24:39	1537
1543	2267	2:27:33	Abigail Saiko		Female	549	FO	311	2:24:44	1538
1544	2064	2:27:35	Fleur Trudgill		Female	550	F45	73	2:24:58	1543
1545	2166	2:27:37	Rebecca Wicks		Female	551	F40	101	2:25:17	1550
1546	1981	2:27:37	Sarah Carr		Female	552	F50	40	2:25:17	1551
1547	1707	2:27:37	William Beech		Male	995	MO	520	2:25:01	1545
1548	1911	2:27:41	Jessica Wise		Female	553	FO	312	2:25:16	1548
1549	1964	2:27:43	Mandy Fisher		Female	554	F45	74	2:24:59	1544
1550	2040	2:27:46	Richard Hollings		Male	996	M45	140	2:25:06	1546
1551	1438	2:27:53	Jak Mansi		Male	997	MO	521	2:25:33	1552
1552	1859	2:28:08	Richard Tinkler		Male	998	MO	522	2:25:16	1549
1553	2001	2:28:38	Emma French		Female	555	F40	102	2:26:30	1556
1554	1999	2:28:45	Rosamund Furr		Female	556	FO	313	2:26:56	1559
1555	2000	2:28:45	Louise Kelly		Female	557	FO	314	2:26:57	1560
1556	2221	2:28:45	Krisztina Wilsea		Female	558	F50	41	2:26:12	1553
1557	2154	2:28:59	Neil Barron		Male	999	MO	523	2:26:24	1554
1558	2178	2:29:04	Lydia Cho		Female	559	FO	315	2:27:09	1565
1559	1931	2:29:07	Linda Lord		Female	560	F40	103	2:26:29	1555
1560	1930	2:29:08	Jade Smiles	Lonely Goats RC	Female	561	FO	316	2:26:31	1557
1561	2004	2:29:09	Trevor Groves		Male	1000	M55	61	2:26:53	1558
1562	914	2:29:11	Paul Nally		Male	1001	M40	131	2:28:17	1579
1563	846	2:29:11	Mark Willmott		Male	1002	MO	524	2:28:17	1580
1564	1493	2:29:12	Neville Draper		Male	1003	M55	62	2:27:45	1570
1565	2518	2:29:20	Corinne West	Thetford AC	Female	562	FO	317	2:27:02	1562
1566	1910	2:29:21	Chris Palmer	Runners-next-the-Sea	Male	1004	M65	9	2:27:09	1564
1567	2195	2:29:22	Anna Taylor		Female	563	FO	318	2:28:17	1578
1568	2020	2:29:25	Jakub Gacke		Male	1005	MO	525	2:27:20	1566
1569	1162	2:29:27	Angela Barnes		Female	564	FO	319	2:26:57	1561
1570	1677	2:29:34	Michael Johnson		Male	1006	MO	526	2:27:26	1567
1571	1761	2:29:40	Hollie Sutherland	Felixstowe RRC	Female	565	FO	320	2:27:30	1569
1572	1633	2:29:53	Sonia Witham	Norwich Road Runners	Female	566	F40	104	2:27:27	1568
1573	1317	2:29:53	David Field	Norwich Road Runners	Male	1007	M70	1	2:27:07	1563
1574	2202	2:30:06	Amy Shore		Female	567	FO	321	2:27:53	1572
1575	2214	2:30:06	Stephanie Shore	Norwich Road Runners	Female	568	FO	322	2:27:53	1571



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1576	1909	2:30:09	Ceridwen Howell	Runners-next-the-Sea	Female	569	F60	10	2:27:57	1574
1577	1389	2:30:15	Benjamin Wooding		Male	1008	MO	527	2:28:20	1581
1578	1754	2:30:17	Mark Atherton		Male	1009	MO	528	2:28:11	1577
1579	2146	2:30:23	Anthony Moss		Male	1010	M45	141	2:28:01	1576
1580	2145	2:30:23	Amanda Moss		Female	570	F45	75	2:28:00	1575
1581	2362	2:30:47	Ying Liu		Female	571	FO	323	2:29:06	1588
1582	2030	2:30:51	Stephen Shirley		Male	1011	M70	2	2:27:56	1573
1583	2130	2:30:57	Matthew Seal	Hyde Park Harriers	Male	1012	M70	3	2:28:29	1583
1584	2191	2:31:00	Teresa Burdett		Female	572	F45	76	2:28:29	1584
1585	1051	2:31:04	Matt Duckett		Male	1013	MO	529	2:28:28	1582
1586	1963	2:31:15	Sue Russell		Female	573	FO	324	2:30:10	1596
1587	2548	2:31:16	Osborne Chidavaenzi		Male	1014	M40	132	2:30:44	1598
1588	1905	2:31:25	Shelley Measures		Female	574	F45	77	2:28:44	1585
1589	2038	2:31:29	Helen Duke		Female	575	F50	42	2:29:45	1589
1590	2067	2:31:29	Nicola Lee		Female	576	F45	78	2:28:57	1586
1591	921	2:31:38	Rebecca Penny		Female	577	FO	325	2:30:05	1595
1592	2200	2:31:51	Julia Fisher		Female	578	F40	105	2:29:01	1587
1593	1872	2:31:54	Bec Nally		Female	579	FO	326	2:29:59	1591
1594	1976	2:31:59	Tristan Angel		Male	1015	MO	530	2:30:03	1593
1595	2540	2:32:33	Lipa Lucky		Female	580	FO	327	2:29:57	1590
1596	2355	2:32:41	Joe Evans		Male	1016	M55	63	2:32:28	1614
1597	1626	2:32:48	Jo Hunt		Female	581	F40	106	2:30:03	1594
1598	1625	2:32:48	Katie Dalliday		Female	582	F45	79	2:30:02	1592
1599	2269	2:33:07	Kathryn Marsh		Female	583	F40	107	2:30:42	1597
1600	1637	2:33:17	Emma Scarpato		Female	584	FO	328	2:31:28	1602
1601	1957	2:33:30	Eleanor Munday		Female	585	FO	329	2:31:17	1601
1602	1956	2:33:30	Antonia Munday		Female	586	FO	330	2:31:17	1600
1603	2208	2:33:50	Sandeep Joglekar		Male	1017	M45	142	2:32:15	1612
1604	1867	2:33:54	Julie Goodwin		Female	587	F40	108	2:32:08	1610
1605	1866	2:33:55	Jenna Daykin		Female	588	FO	331	2:32:09	1611
1606	2525	2:33:56	Loren Taylor	Norwich Road Runners	Female	589	FO	332	2:31:03	1599
1607	1021	2:34:07	David Havis		Male	1018	M40	133	2:31:29	1603
1608	1657	2:34:07	Emma Archer		Female	590	F40	109	2:32:03	1609
1609	1201	2:34:09	Sam Barwick	Norfolk Harriers	Female	591	F45	80	2:32:00	1606
1610	2458	2:34:10	Jennifer Rowley		Female	592	F70	2	2:32:00	1607
1611	2459	2:34:10	Rebecca Clarke		Female	593	F40	110	2:32:00	1605
1612	1425	2:34:34	Ailsa Gillies-Loach	Notts AC	Female	594	F45	81	2:31:59	1604
1613	1628	2:34:44	Katie Lawrence		Female	595	F40	111	2:32:03	1608
1614	1662	2:34:55	Mary Calton-Porter		Female	596	FO	333	2:32:23	1613
1615	1683	2:34:56	Rachel Verniquet		Female	597	FO	334	2:32:58	1618
1616	2008	2:34:59	Lana Rix		Female	598	FO	335	2:33:00	1619
1617	1935	2:35:30	Steven Kirkendall		Male	1019	M55	64	2:32:49	1617
1618	2017	2:35:38	Tina Halpin		Female	599	F40	112	2:32:46	1615
1619	1515	2:35:39	Lindsay Walton		Female	600	FO	336	2:32:47	1616
1620	1953	2:35:42	David Peterson		Male	1020	M55	65	2:33:01	1620
1621	2212	2:35:55	Tammy Richardson		Female	601	FO	337	2:33:13	1622
1622	2320	2:35:57	Keeley Money		Female	602	FO	338	2:33:08	1621
1623	1987	2:35:59	Sarah Howe		Female	603	FO	339	2:34:05	1633
1624	1988	2:35:59	Sara Cubitt		Female	604	F40	113	2:34:04	1632
1625	2012	2:36:04	Natasha McCord		Female	605	FO	340	2:33:24	1624
1626	1465	2:36:05	Alexandra Plummer		Female	606	FO	341	2:34:16	1634
1627	2303	2:36:06	Salima Behilil		Female	607	FO	342	2:33:18	1623
1628	1772	2:36:16	Anna Ramsay		Female	608	FO	343	2:33:38	1628
1629	2035	2:36:16	Kirsty Sturman		Female	609	F40	114	2:33:38	1626
1630	2234	2:36:16	Heather Dagraca		Female	610	FO	344	2:33:38	1627
1631	1912	2:36:18	Amanda Anderson		Female	611	FO	345	2:33:30	1625
1632	2281	2:36:20	Rita King		Female	612	F55	15	2:34:35	1637
1633	2003	2:36:23	Diane Thirkettle		Female	613	F50	43	2:33:50	1630
1634	2074	2:36:33	Kaye Clarke		Female	614	FO	346	2:34:34	1636
1635	1888	2:36:34	Helen Bowen		Female	615	F55	16	2:33:47	1629
1636	2479	2:36:35	Alex Armes		Male	1021	MO	531	2:34:35	1638
1637	2209	2:36:42	Ruth Laws-Chapman		Female	616	FO	347	2:34:00	1631
1638	1469	2:36:58	Sam Cross		Male	1022	MO	532	2:34:46	1640
1639	1854	2:36:59	Leah Stenning		Female	617	FO	348	2:34:20	1635
1640	1468	2:37:06	Ian Cross		Male	1023	M55	66	2:34:55	1642
1641	2120	2:37:14	Simon Hill		Male	1024	M40	134	2:35:14	1644
1642	1780	2:37:29	Robert Sears	Norwich Road Runners	Male	1025	MO	533	2:34:37	1639
1643	1958	2:37:47	Anna Bowes		Female	618	F45	82	2:34:55	1641
1644	1623	2:37:48	Sharon Phillips		Female	619	F40	115	2:35:37	1647
1645	1624	2:37:49	David Phillips		Male	1026	M40	135	2:35:37	1646
1646	1933	2:38:00	Marie Hodge		Female	620	F45	83	2:35:13	1643
1647	2307	2:38:02	Wendy Fullerton		Female	621	F60	11	2:35:15	1645
1648	2301	2:38:23	Joanna Claire Newton		Female	622	FO	349	2:37:47	1664
1649	1886	2:38:37	Alexis Catchpole		Female	623	F55	17	2:36:44	1653
1650	1887	2:38:37	Elizabeth Catchpole		Female	624	FO	350	2:36:44	1652



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1651	1959	2:38:39	Verity Michael		Female	625	F40	116	2:36:46	1654
1652	1913	2:38:50	Rose Reuben	Lonely Goats RC	Female	626	FO	351	2:36:08	1648
1653	1779	2:38:59	Karl Read		Male	1027	M55	67	2:36:32	1650
1654	2213	2:39:11	Donna Hughes		Female	627	FO	352	2:36:28	1649
1655	1858	2:39:16	Sarah Schofield		Female	628	F40	117	2:36:37	1651
1656	2180	2:39:24	Nina O'Brien		Female	629	F65	4	2:37:20	1662
1657	2270	2:39:38	Rachel Elise Hoxley-Carr		Female	630	FO	353	2:36:48	1655
1658	1407	2:39:38	Rachel C Hoxley-Carr		Female	631	FO	354	2:36:49	1656
1659	1478	2:39:39	Brendon Herod		Male	1028	MO	534	2:38:17	1668
1660	728	2:39:39	Chris Clow		Male	1029	M40	136	2:37:01	1658
1661	1485	2:39:41	Carol-Ann Moon		Female	632	F50	44	2:37:08	1659
1662	2111	2:39:42	Katherine Hilton		Female	633	FO	355	2:38:33	1671
1663	2110	2:39:43	Laura Hilton		Female	634	FO	356	2:38:33	1672
1664	1795	2:39:46	Sarah Parkes	Great Yarmouth Road Runners	Female	635	F45	84	2:36:51	1657
1665	2495	2:40:05	Robyn Khan		Female	636	FO	357	2:37:12	1660
1666	1579	2:40:09	Julie Porter		Female	637	F50	45	2:37:36	1663
1667	2330	2:40:16	Lesley Pears		Female	638	FO	358	2:38:01	1667
1668	2231	2:40:20	Kerry Lyon		Male	1030	M45	143	2:37:16	1661
1669	1870	2:40:38	Maria Banyard		Female	639	F40	118	2:37:48	1666
1670	1408	2:40:38	Sarah Haddon		Female	640	F40	119	2:37:48	1665
1671	2016	2:40:44	Wendy Barker		Female	641	F45	85	2:38:28	1670
1672	1823	2:41:11	Gemma Holland		Female	642	FO	359	2:38:20	1669
1673	1528	2:41:39	Michelle Perry	Runners-next-the-Sea	Female	643	F50	46	2:39:25	1675
1674	1984	2:41:48	Joanne King		Female	644	F40	120	2:39:05	1673
1675	2181	2:42:12	Ruth Cutter		Female	645	F50	47	2:39:24	1674
1676	2211	2:42:14	Nirmala Raviraj		Female	646	F45	86	2:41:01	1683
1677	2315	2:42:17	Punitha Prathapsingh		Female	647	F45	87	2:41:03	1684
1678	1460	2:42:40	Matthew Symons		Male	1031	MO	535	2:40:07	1678
1679	978	2:42:44	Catherine Yaxley		Female	648	FO	360	2:39:51	1677
1680	2185	2:42:48	Helen Farmiloe		Female	649	F40	121	2:39:51	1676
1681	1883	2:43:04	John Sturgeon		Male	1032	M40	137	2:40:20	1681
1682	1442	2:43:05	Sian Titchiner	Bungay Black Dog RC	Female	650	FO	361	2:40:08	1679
1683	2199	2:43:05	Aaron Jackson	Bungay Black Dog RC	Male	1033	MO	536	2:40:09	1680
1684	2056	2:43:10	Georgia Cranmer		Female	651	FO	362	2:40:56	1682
1685	2090	2:43:59	Sue Moye	Sudbury Joggers	Female	652	F50	48	2:41:12	1685
1686	1368	2:44:11	John Rutkowski		Male	1034	M65	10	2:41:20	1686
1687	2053	2:44:16	Angela Woodgate		Female	653	F45	88	2:43:07	1691
1688	2054	2:44:16	Ryan Frankland		Male	1035	MO	537	2:43:07	1690
1689	1568	2:45:03	Rose Taylor		Female	654	F40	122	2:42:14	1687
1690	1941	2:45:39	Tom Jones		Male	1036	M45	144	2:43:04	1689
1691	1928	2:45:47	Linda Wills-Gillings		Female	655	F45	89	2:43:02	1688
1692	1926	2:46:15	Phillip Laurier	Lowestoft Road Runners	Male	1037	M70	4	2:45:21	1699
1693	2079	2:46:28	Paula Street		Female	656	F50	49	2:43:34	1692
1694	1899	2:46:29	Jodie Glen		Female	657	FO	363	2:43:40	1693
1695	2541	2:46:38	Geraldine Calcraft		Female	658	F40	123	2:44:19	1694
1696	1519	2:46:38	Roberta Manners		Female	659	F65	5	2:44:21	1696
1697	1978	2:46:38	Rosie Cowen		Female	660	F40	124	2:44:20	1695
1698	2171	2:46:49	Caroline Wilkinson	Bolton United Harriers & AC	Female	661	F45	90	2:44:44	1698
1699	2192	2:47:00	Caroline Foster	Saxmundham Sports & Fitness Running Club	Female	662	F55	18	2:44:41	1697
1700	950	2:47:45	Niall Baum		Male	1038	MO	538	2:46:58	1705
1701	1862	2:48:14	John Barkshire		Male	1039	MO	539	2:45:39	1700
1702	2545	2:48:37	Imogen Collins		Female	663	FO	364	2:46:19	1704
1703	2226	2:48:39	Thea Turton		Female	664	FO	365	2:45:53	1703
1704	2155	2:48:43	Katherine Barron		Female	665	FO	366	2:45:50	1701
1705	2163	2:48:50	Rod Barrett		Male	1040	M70	5	2:45:53	1702
1706	1349	2:49:31	Kevin Honey		Male	1041	M50	118	2:47:03	1707
1707	2298	2:49:58	Flora Hartley-Webb		Female	666	FO	367	2:47:01	1706
1708	2206	2:50:16	Amanda Davies		Female	667	F40	125	2:48:09	1708
1709	2294	2:51:00	Vivien Laglbauer		Female	668	F65	6	2:48:56	1709
1710	1991	2:52:14	Sean Paterson		Male	1042	MO	540	2:49:28	1710
1711	2115	2:52:57	Kathryn Heaney		Female	669	FO	368	2:50:09	1711
1712	2366	2:53:09	Sarasa Kayama		Female	670	FO	369	2:50:13	1712
1713	1902	2:53:12	Eleanor Jarvis	Norwich Road Runners	Female	671	FO	370	2:50:43	1713
1714	1898	2:54:32	Vicki Allison		Female	672	FO	371	2:51:40	1714
1715	2411	2:55:18	Laura Cannon		Female	673	FO	372	2:54:02	1717
1716	2162	2:55:38	Keela Middleton		Female	674	FO	373	2:53:32	1715
1717	2161	2:55:38	Louise Barber		Female	675	FO	374	2:53:33	1716
1718	2356	2:58:18	Keata Wilby		Female	676	FO	375	2:55:58	1720
1719	2014	2:58:44	Lisa Foweather		Female	677	F45	91	2:55:49	1718
1720	163	2:58:44	James McCann		Male	1043	MO	541	2:55:50	1719
1721	2019	2:59:05	Gosia Gacke		Female	678	FO	376	2:57:00	1721
1722	2312	3:00:42	Charlotte Bearcroft		Female	679	F55	19	2:57:51	1723
1723	2230	3:00:42	Karen Warne		Female	680	F50	50	2:57:46	1722
1724	2299	3:01:28	Leonard Bertoia		Male	1044	M60	22	2:58:44	1724
1725	2326	3:02:31	Aaron Henry		Male	1045	MO	542	2:59:53	1725



Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1726	1503	3:07:42	Mark Naylor		Male	1046	M55	68	3:04:56	1726
1727	2334	3:12:10	Laura Waller		Female	681	FO	377	3:09:16	1727
1728	2349	3:13:32	Andrea Flint	Norfolk Gazelles RC	Female	682	F45	92	3:10:35	1728
1729	2193	3:13:36	Jessica Parker		Female	683	F55	20	3:10:40	1729
1730	1147	3:15:58	Josh Hollebon		Male	1047	MO	543	3:13:35	1731
1731	2345	3:16:02	Carrie-Ann Blackall		Female	684	FO	378	3:13:20	1730
1732	1510	3:18:20	Claire Griffiths		Female	685	FO	379	3:15:31	1732
1733	2331	3:20:00	Jessica Meek		Female	686	FO	380	3:17:45	1733
1734	2350	3:21:04	Scotty Carroll		Male	1048	MO	544	3:19:02	1734
1735	2289	3:22:38	Kira Hannant		Female	687	FO	381	3:19:45	1735
1736	2179	3:36:32	Vicky Rallison	Norfolk Gazelles RC	Female	688	FO	382	3:33:36	1736
1737	2341	3:38:44	Georgina Wood		Female	689	FO	383	3:35:49	1737